

NEWSLETTER

Vol. 4 No. 2

October, 1983

The Physically Active High School Graduate — an Endangered Species?

- reprinted from Canada Fitness "Highlights", Aug. 1983

There are 4.2 million young people in Canada between the ages of 10 and 19 and, of this number, 72% are classified as "active" during non-school and non-work hours. This means that they are involved in some sport or exercise activity for at least three hours per week during nine or more months of the year.

On the average during these years, about equal numbers of males (73%) and females (70%) are active. But, as the figure below reveals, there are male-female differences which may have an important message for physical educators. Up to age 16 - 17, boys are consistently active, while there is a small decline beginning at 12 - 13 in the proportion of active girls. Coinciding with the end of school (age 18 - 19) there is a further slight decline in the number of active young women (3%), but a dramatic drop (17%) in active young men.

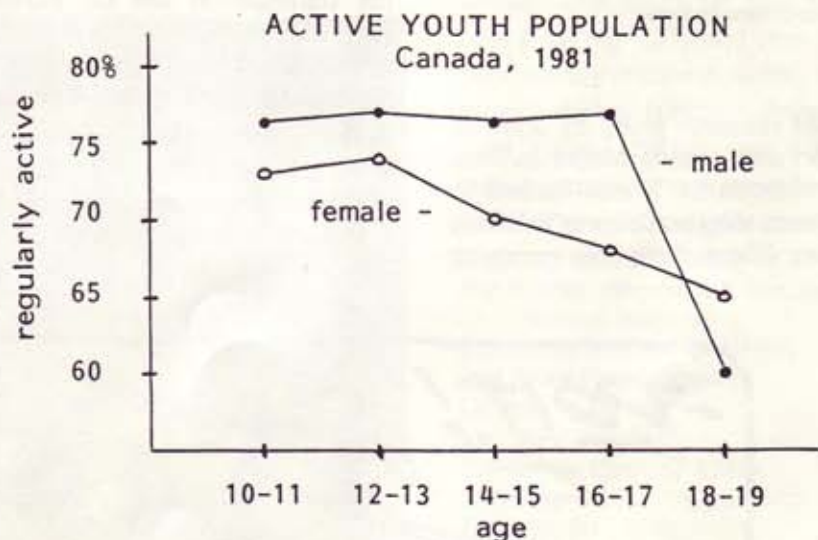
Evidently, females make a smoother transition from school-based to community-based physical activity programs. This may be because the males have been supported by a system of school teams while females in high school may have sought out alternative activity programs in the community and elsewhere. Overall, these findings suggest that greater emphasis on life-long activities (swimming, tennis, cross-

country skiing) and reduced emphasis on team sports may be a desirable change for physical education programs, especially when teams are composed mainly of elite athletes.

In support of this conclusion is the finding that, by the end of adolescence, the most popular activities do not include many team sports. Males remain active at 10 - 19 in several activities which generally do not figure in school programs -- weight training, racquetball, swimming, skating, dancing and bowling. Females at age 18 - 19 tend to drop gymnastics,

basketball, soccer and volley ball -- activities which they have been exposed to in school. Thus, neither sex appears to leave school with an enduring interest in team sports.

The Canada Fitness Survey was conducted between February and July 1981 and involved the questioning of some 22,000 Canadians 10 years of age and over, as well as fitness tests involving over 16,000 individuals from 7 to 69 years of age. Findings are being continually published in detailed reports, which are available upon request.



This Newsletter is sponsored by Labatt's Ontario Breweries



CIRA ^{Personal} Fitness Challenge

On October 17, Ontario universities and colleges were participating in the CIRA Personal Fitness Challenge supported by Labatt's.

The Challenge was coordinated by Rick Turnbull and Janice Braithwaite at the CIRA Head Office in Ottawa.

Each of the schools participating were sent large colourful posters for display, personal activity logs for the participant to challenge himself to 3 - fifteen minute activity sessions per week and an attractive 2 page introduction for each participant to explain the need and type of activity each person should choose. The necessity of a warm up and warm down was emphasized.

Each school had accepted the challenge of getting as many people involved and participating as they could.

At Ryerson, Jean Kennedy had initiated "Octoberfit" - a program that not only involves the CIRA personal challenge, but also the FitFive program, Superstar Contest, the Ryerson Second Annual Fun Run and the King and Queen Fitness Contest. Along with these specific events were points for involvement in intramurals, skills program, varsity teams, athletic clubs and having a fitness test in October.

Labatt's Intramural Certificates will be presented to all those who participated in the Octoberfit program.

Participating members in the CIRA/LABATT'S Challenge were:

- McMaster University
- Trent University
- University of Toronto
- University of Waterloo
- University of Western Ontario
- Wilfred Laurier University
- Université d'Ottawa
- Brock University
- University of Windsor
- St. Lawrence College
- Sheridan College Credit Valley Campus
- Ryerson Polytechnical Institute
- Haileybury School of Mines
- Durham College
- Centralia College of Agricultural Tech.
- Algonquin College
- Seneca College Yorkdale Campus

Route to Success in Physical Activity

- reprinted from *FitNews*, September 1983



Fitness Ontario En forme

A recent research study by John G. Albinson and Joanne Moore outlines three methods for fitness leaders to use in motivating participants in fitness activities. The authors note improving

an individual's self-confidence will increase the chances that the individual will become involved. If an individual experiences success in an activity, his participation will be increased. And, fitness leaders should persuade individuals that success can be achieved by using different strategies.

Some strategies fitness leaders can try:

- match the difficulty of the class with the fitness level of the participants
- indicate which exercise will be harmful

- explain why sore muscles develop and how they can be prevented
- use a self-focused, non-competitive atmosphere
- encourage discussion at the onset of class
- stress self-responsibility
- fitness leader should be seen as a role model
- feedback between instructor and participants, both verbally and in written form keeping a record of stages of development



PARTICIPACTION



Get Up and Go

Kids are always on the go.

That is why the Canadian Intramural Recreation Association (CIRA) and the Canadian Association for Health, Physical Education and Recreation (CAHPER) have selected **GET UP AND GO** as their theme for National Physical Activity Week, May 13 - 21, 1984.

Last year approximately two million school children across the country participated in *IT'S A TOSS-UP*: a cooperative project launched for the first National Physical Activity Week by CIRA and CAHPER. The activities varied from parachute games to water balloon relays. In Wolfville, Nova Scotia 500 children were bussed to Acadia University from across the Annapolis Valley for a day of activities that culminated in a mass frisbee throw. One school in Alberta organized an afternoon scoopball tournament. A typical reaction from teachers was this one received from Goulds, Newfoundland, *"This project was very popular as it allowed for greater student interaction and creativity AND I had a great time!!"*

CAHPER and CIRA are national associations serving Intramural/Recreation Directors and Physical Education Teachers. Both organizations share Fitness Canada's goals of improving the health and physical activity levels of Canadians.

"The program was such a success that Fitness Canada has given CAHPER and CIRA financial support to develop a similar project this year", states Wendy Dahlgren, President of CAHPER *"The success of National Physical Activity Week was due, in no small part, to the leadership shown by physical education teachers across Canada."*

Rob Stinson, CIRA's President, echoes *"we were overwhelmed by the enthusiasm of those who participated last year. It was truly a National 'Physical Activity' Week!"*

And we're at it again! During the week of May 13-21 teachers are encouraged to organize running/movement activities. Teachers need not worry about spending extra time in developing lesson plans for this special week. A colourful poster and resource package is being prepared by two teachers: Brian Cressman, Director of Student

Activities at Waterloo Collegiate Institute and Phil Carlton, Physical Education Subject Specialist for the Calgary Board of Education. Watch for the posters and resource material to arrive at your school in March. Children will have fun and learn valuable motor skills at the same time. The kits will give teachers in both elementary and secondary schools great ideas for activities to cover all the aspects of a daily quality physical activity program and will be an additional resource for teachers to use long after National Physical Activity Week is over. The theme allows for endless adaption of activities in either an instructional program or in intramural games. The purpose is to encourage participation in activities where the movement of running is an integral part such as basketball, dance and orienteering. The kits will present these activities as components of quality physical activity.

In June, schools across Canada were sent participation certificates to be displayed in a prominent place in the school and to record the annual involvement in National Physical Activity Week. A copy of this certificate will be included in the resource kit mailed in March 1984.

Circle those dates on your calendar now (May 13 - 21) and plan to have your school involved in this exciting project during National Physical Activity Week. NPAW was a success last year due to the support of schools across Canada, so make plans for that week to **GET UP AND GO!**

For further information contact:

Dr. Thomas Bedecki
Executive Director CAHPER
333 River Road, Vanier,
Ontario K1L 8H9

Mr. Rick Turnbull
Executive Director CIRA
333 River Road, Vanier,
Ontario K1L 8H9
Danielle Proulx
Program Coordinator
CIRA/CAHPER NPAW Project
333 River Road, Vanier,
Ontario K1L 8H9



Students participate in a frisbee accuracy throw as excited P.E. Teacher Darv Easton supervises

Canada Fitness Award

CFA - The First Ten Years (1970 - 1980)

Are you familiar with the program called the "Canada Fitness Award"? The CFA is the incentive program intended to encourage regular physical activity among young Canadians aged 7 to 17. The program is designed to test the fitness level of participants by compiling their scores in six activities and awarding a crest according to the level of achievement attained. If used as part of a physical fitness program, the CFA can have a great influence on performance in these programs. Obviously too, more frequent participation in the CFA program ultimately leads to better performance in the six test items.

Fitness and Amateur Sport Canada (FAS) officially launched the CFA in 1970, based on the physical fitness test standards developed in 1965 by the Canadian Association for Health, Physical Education and Recreation (CAHPER). In its first ten years, over 14 million Canadians participated in the program. Close to eight million received an award; a tribute to themselves, and their teachers and instructors.

The participation rate, which is based on school enrollment figures, rose from the 9 per cent recorded in 1970 to 28 per cent in 1979. The program has been widely used in Alberta, Saskatchewan, Manitoba, and Newfoundland.

It was necessary to raise the CFA standards in 1979 so that they would better reflect the fitness levels of our youth. This seems to indicate that the performance of Canadian children had improved during the seventies, no doubt as a result of better physical activity programs in the schools and in community recreation programs.

Generally speaking, boys perform better than girls in each test and the difference increases with age, particularly from age 13 on. The greatest relative difference observed in the two sexes was in the flexed arm hang; the least occurred in sit-ups. Boy's performance increases progressively until age 16 when it begins to level out. Girls' performance also improves

very rapidly in the lower age groups but decreases in the early years of adolescence.

This may be the result not only of biological factors, but also of the quality and types of activities provided for boys and girls, and the overall lifestyle of children.

The flexed arm hang was the test in which the children had improved least, indicating perhaps that insufficient stress has been placed on developing strength in the upper body. Alternatively, it may be because muscular strength in the shoulder girdle is more difficult to develop than in the abdomen and leg muscles which are usually in constant use.

Finally, comparing the results for 1979 and 1966, we note that the physical condition of young Canadians has improved both for boys and for girls. In fact, in most of the tests, the performance of the girls in 1979 was better than that of the boys in 1966. Data collected would indicate that fitness

specialists are using the CFA to complement their regular physical activity programs, in the way in which it was intended.

The CFA is continuously being analysed and improved. New documentation for program leaders has been developed with the objective of encouraging them to incorporate the CFA in their regular physical activity programs. Recently, Fitness and Amateur Sport established an adapted program for use by trainable mentally handicapped youth. The kit includes a leader's manual, norms booklet and test record cards.

Further information on this or any part of the Canada Fitness Award program can be obtained by contacting:

Canada Fitness Award
365 Laurier Avenue, West
Ottawa, Ontario
K1A 0X6
(613) 996-4510

Election Procedure to be Implemented

A secret ballot will decide who will make up the O.I.R.A. executive when the term of office expires for the present executive.

The O.I.R.A. executive consists of the President, Past-President, Secretary-Treasurer, Public-Relations Officer, Member At Large, Publications Chairman and Conference Chairman. The Publications Chairman (editor of the Newsletter) and the Conference Chairman (organizer of the annual Intramural Directors Workshop) are appointed positions along with the Past President. The remaining positions are up for grabs by any member of the association.

Nominations will be accepted by the Nominations Chairperson until 5:00 p.m. on January 15, 1984. There will be 2 slates of nominees; one for

the position of president and one for 3 positions on the executive. A nomination must bear the signatures of 3 O.I.R.A. professional members and the written consent of the nominee to act if elected.

A ballot with the slate of nominees will be mailed to each O.I.R.A. member not later than February 20, 1984, will be counted by the Past President. The nominee who receives the greatest number of votes for the position of President will be declared elected. The 3 nominees receiving the highest number of votes for positions on the executive will be declared elected.

Some of the duties and responsibilities of these elected positions include the following:

A) President:

- a) Serve as the Ontario Regional Director for the Canadian Intramural Recreation Association. This is a 2 year term.
- b) Serve as the Chief Executive Officer of The Association.
- c) Provide direction for all officers and committees regarding current and prospective challenges affecting The Association's profession.
- d) Prepare and deliver an annual report to the membership at the annual conference.

B) Secretary-Treasurer:

- a) Act as secretary of the Board by ensuring that all business information is forwarded to Board members.
- b) Receive and disseminate all monies of The Association.

C) Public Relations Officer:

- a) Promote the growth of the association through the membership.
- b) Promote the development of intramural activities through workshops, clinics, courses, conferences and articles at all educational levels.

D) Member at Large:

- a) Identify human and other resources in the area of their electoral representation.
- b) Assume responsibility for a standing committee as assigned by the Board.

All elected positions are for a 2 year term. Official nomination forms will be distributed in the next issue of the Newsletter. If you are considering running or wish to nominate an O.I.R.A. member, further information may be obtained by contacting the editor of this newsletter.



Good News for O.I.R.A.!

Recently, Jean Kennedy, President of the O.I.R.A., received the following letter from Reuben C. Baetz, Minister of Tourism and Recreation, indicating his ministry's financial support to the

development of this association. Best wishes are extending to Jean and the O.I.R.A. executive in helping to promote intramural and recreational programs at all levels of educations.



Office of the
Minister

Ministry of
Tourism and
Recreation

September 13, 1983

Ms. Jean Kennedy, President
Ontario Intramural Recreation
Association
c/o Ryerson Polytechnical Institute
50 Gould Street
Toronto, Ontario
M5B 1E8

Dear Ms. Kennedy:

It is my pleasure to inform you that I have approved a grant of \$6,500.00 to the Ontario Intramural Recreation Association to support the continued growth and development of the Association across the province. A cheque in this amount will be forwarded to you shortly.

This grant is to assist the O.I.R.A. in the development of the Association and allow it to provide workshops and other training events to communities within Ontario.

I would like to take this opportunity to commend you and your executive for your enthusiastic approach in developing fitness and recreation programs in all levels of the educational system within this province. I am convinced that through your efforts many young people will enjoy the benefits of an exceptional intramural program.

I wish you every success in the continued development of the Ontario Intramural Recreation Association.

Yours sincerely,

Reuben C. Baetz
Minister



12th Floor
1200 Bay Street
Toronto, Ontario
Canada M5R 2A5
416-963-1401

CONFERENCES AND WORKSHOPS

Ontario High School Student Intramural Conference

Intramurals -
For The Fun Of It!



Once again, York University will be hosting an Ontario High School Student Intramural Conference - **For the Fun of It**. It will be held on November 25th and 26th beginning Friday evening at 6 p.m. The program promises to be exciting, adventurous and thought provoking. Obtain more information by calling Recreation York (416) 667-2351.

The 14th Annual Provincial Post-Secondary Students' Intramural Conference

being held:

**FRIDAY, JANUARY 27th AND SATURDAY,
JANUARY 28th, 1984**

at **University of Western Ontario**

Guest Speakers are to be Announced

REGISTRATION FEE: \$45.00

(Includes: three meals, conference package and proceedings)

Accommodation for Friday Night:

\$15 per person, based on quad

(Available through U.W.O. Intramural Program)

For further information:

Please contact Lecia Allin - (519) 679-2426

Fitting Together

6th National CIRA Conference

April 29, 30, May 1, 1984

A Return to Ontario - Home of CIRA 1
Geneva Park Conference Centre

Join Canada's foremost intramural leaders in **FITTING TOGETHER** with other Associations - Fitness Canada, CAHPER, C.H.S.P.-T.F. Sessions will be for all education levels - Mini Sessions, Major Presentations and Activity Sessions. Special attractions include The Tom Deluca Show (an evening of hypnotic improvisations) and the Labatt's Hot Air Balloon.

Simultaneous translations will be available.

Registration begins at 10 a.m. on April 29 and the conference concludes at 12:30 p.m. on May 1, 1984.

For more information or application forms, write to:

John, Gotziaman,
Loyalist College - P.O. Box 4200, Belleville, Ont.
K8N 5B9 • Phone: (613) 962-9501

O.I.R.A Administrators' Workshop

Participants include the O.I.R.A. Executive and Intramural Consultants

Saturday November 5th, 1983

14th Floor Jorgenson Hall

RYERSON

50 Gould Street

9:00 a.m. - 4:00 p.m.

OIRA ontario intramural recreation association