



MACHAKOS UNIVERSITY

University Examinations 2020/2021 Academic Year

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (HOSPITALITY AND TOURISM MANAGEMENT

HTM113-1: TOURISM, LEISURE, RECREATION AND HEALTH

DATE: 22/6/2021

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Explain the following theories of leisure:
- Leisure as time (2 marks)
 - Leisure as activity (2 marks)
 - Leisure as a state of being (2 marks)
 - Leisure as a holistic concept (2 marks)
 - Leisure as a way of life (2 marks)
- b) Explain five types of leisure and recreation activities. (10 marks)
- c) Explain the relationship between leisure, recreation and tourism. (10 marks)

QUESTION TWO (20 MARKS)

- a) As the Tourist Officer in-charge of Leisure and Recreation in Machakos Country you have been invited to give a talk on the benefits of leisure, recreation and health at a local “baraza”. Highlight and explain **7 major** points you will prepare to address the gathering (14 marks)
- b) Differentiate between active and passive recreation while citing examples (6 marks)

QUESTION THREE (20 MARKS)

- a) With a help of a diagram discuss Maslow's Hierarchy of physiological needs in relation to Tourism. (10 marks)
- b) Explain ways in which leisure and recreation activities in Machakos county can be improved to encourage the resident to participate more in leisure and recreation (10 marks)

QUESTION FOUR (20 MARKS)

- a) Identify health and safety hazards in sports and leisure centre. (5 marks)
- b) Discuss **five** factors that will lead someone to participate in leisure activities. (15 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss the **five** current trends in leisure and recreation in the hospitality industry. (10 marks)
- b) Explain the benefits of leisure and recreation. (10 marks)