



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN HOSPITALITY AND TOURISM MANAGEMENT

HTM113-1: TOURISM, LEISURE, RECREATION AND HEALTH

DATE: 6/5/2019

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

QUESTION ONE (Compulsory)

- a) List health and social benefits of leisure and recreation. (5 marks)
- b) Explain the meaning of recreation and leisure. (5 marks)
- c) State the type of leisure and recreation activities. (5 marks)
- d) Identify the difference between tourism and recreation. (3 marks)
- e) Outline the factors affecting leisure and recreation. (6 marks)
- f) List the categories of leisure and recreation activities. (6 marks)

QUESTION TWO (20 MARKS)

- a) Discuss in details the typologies of tourist according to Plog & Cohen (10 marks)
- b) Discuss the current trends in leisure and recreation in the hospitality industry. (10 marks)

QUESTION THREE (20 MARKS)

Explain the concept of leisure and recreation with its relation to hospitality industry. (20 marks)

QUESTION FOUR (20 MARKS)

- a) State and explain the benefits of leisure and recreation. (10 marks)
- b) Identify health and safety hazards in sports and leisure centre. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss the current trends in leisure and recreation in the hospitality industry. (10 marks)
- b) List and explain the various recreation theories. (10 marks)