



MACHAKOS UNIVERSITY

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

**FIRST YEAR SUPPLEMENTARY EXAMINATION FOR THE AWARD OF
BACHELORS DEGREE IN HOSPITALITY AND TOURISM MANAGEMENT**

COURSE : TOURISM,LEISURE,RECREATION AND HEALTH

CODE: HTM113-1

Instructions: This paper consist of FIVE Questions

Answer Question One (Compulsory) and any other Two questions

QUESTION ONE (Compulsory)

a) Explain the following theories of leisure:

I) Leisure as time (2 MKS)

II) Leisure as activity (2 MKS)

III) Leisure as a state of being (2 MKS)

IV) Leisure as a holistic concept (2 MKS)

V) Leisure as a way of life (2 MKS)

b) List and explain the types of leisure and recreation activities. (10 MKS)

c) Explain the relationship between leisure, recreation and tourism. (10 MKS)

Answer any TWO questions

QUESTION TWO

- a) List and explain the various recreation theories. (10 MKS)
- b) Establish the factors that affect leisure and recreation. (10 MKS)

QUESTION THREE

- a) Discuss the principles of leisure and recreation management. (20 MKS)

QUESTION FOUR

- a) Identify health and safety hazards in sports and leisure centre. (10 MKS)
- b) Discuss the current trends in leisure and recreation in the hospitality industry. (10 MKS)

QUESTION FIVE

- a) Discuss the current trends in leisure and recreation in the hospitality industry. (10 MKS)
- b) State and explain the benefits of leisure and recreation. (10 MKS)