



MACHAKOS UNIVERSITY

University Examinations 2016/2017

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT HOSPITALITY MANAGEMENT

FIRST YEAR SECOND SEMESTER EXAMINATION FOR BACHELOR OF SCIENCE
IN HOSPITALITY AND TOURISM OPERATION

HTM 109: TOURISM LEISURE, RECREATION AND HEALTH

DATE: 29/5/2017

TIME: 11.00-1.00 PM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION

1.
 - a) Contrast between leisure and recreation (4 marks)
 - b) Highlight the overlap between play leisure and recreation. (5 marks)
 - c) Explain briefly the concept of leisure as time (6 marks)
 - d) Highlight the first aid procedures for heart failure. (6 marks)
 - e) Outline the role of local authorities in the growth of leisure and recreation industry (4 marks)
 - f) Highlight the effects of family life cycle in consumption of leisure and recreation. (5 marks)

SECTIONS B: ANSWER ANY TWO QUESTIONS IN THIS SECTION.

2.
 - a) Explain four physical health benefits of leisure and recreation. (8 marks)
 - b) Explain six important needs which determine the decision to participate in leisure activities. (12 marks)

3. a) Explain social factors which influence the participation in leisure and recreation. (10 marks)
- b) Explain the contributions of media in enhancing the growth of leisure and recreation. (10 marks)
4. a) Identify and explain the limitations which hamper the growth and development of leisure and recreation in Kenya (10 marks)
- b) Examine the role of the Ministry of sports, culture and art in mitigating the limitations identified in *a (above)*. (10 marks)
5. a) Identify the symptoms of depression (4 marks)
- b) Explain three social benefits of recreation (6 marks)
- c) Explain the effects of betting on mental health of the consumers (10 marks)