



MACHAKOS UNIVERSITY

University Examinations for 2024/2025 Academic Year

SCHOOL OF BUSINESS, ECONOMICS, HOSPITALITY AND TOURISM

MANAGEMENT

DEPARTMENT OF HOSPITALITY AND TOURISM

**FIRST YEAR FIRST SEMESTER EXAMINATION FOR DEGREE IN
BACHELOR OF SCIENCE IN HOSPITALITY AND TOURISM MANAGEMENT**

SHT104: FOUNDATIONS OF TOURISM, LESUIRE, RECREATION AND HEALTH

DATE:

TIME:

INSTRUCTIONS:

*Answer question **ONE (Compulsory)** and **any other TWO** questions*

QUESTION ONE (30 MARKS)

- a) Define tourism, recreation, leisure, and health and briefly discuss how the concepts are related to one another. (10 Marks)
- b) Tourism has various impacts economic, social, environmental. Explain 5 economic impact of tourism. (10 Marks)
- c) Discuss the role of leisure and recreation in promoting physical and mental health. (10 Marks)

QUESTION TWO (20 MARKS)

- a) Analyze the factors that influence the needs of a tourist to choose a certain recreation activity or recreation center. (10 Marks)
- b) Explain the role of technology in the tourism industry. (10 Marks)

QUESTION THREE (20 MARKS)

- a) Analyze the impact of the COVID-19 pandemic on the tourism and recreation industry.
(10 Marks)
- b) Relationship between leisure, recreation and tourism is very important. Using a clear diagram explain.
(10 Marks)

QUESTION FOUR (20 MARKS)

- a) Compare and contrast Aristotle theory to compensatory theory of recreation. (14 Marks)
- b) Discuss the 3 forms of recreational activities. (6 Marks)

QUESTION FIVE (20 MARKS)

- a) Analyze 5 challenges and trends in leisure and recreation giving examples where necessary.
(10 Marks)
- b) Explain the 5 approaches to the concepts of leisure. (10 Marks)