



MACHAKOS UNIVERSITY

University Examinations 2019/2020 Academic Year

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

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

HTM 113-1: INTRODUCTION TO LEISURE, RECREATION

DATE: 11/12/2020

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

SECTION A: COMPULSORY

QUESTION ONE (30 MARKS)

- a) Define the following terms:
 - i) Leisure
 - ii) Recreation
 - iii) Tourism (3 marks)
- b) Outline and explain five different types of leisure and recreation activities (5 marks)
- c) Discuss in detail seven aspects that promotes the growth of recreation in Kenya (7 marks)
- d) Discuss five different approaches to the concept of leisure. (5 marks)
- e) List and explain ten major categories of service providers that make up the leisure service delivery system (10 marks)

SECTION B: ANSWER ANY OTHER TWO QUESTIONS

QUESTION TWO (20 MARKS)

- a) Explain in detail five benefits of leisure and recreation to an individual in a society. (10 marks)
- b) List and explain five recreational activities that can be incorporated in a town hotel by embracing emerging technology. (10 marks)

QUESTION THREE (20 MARKS)

- a) Leisure is an activity and Leisure is a way of life. Discuss. (10 marks)
- b) With a help of a diagram discuss Maslow's Hierarchy of physiological needs in relation to Tourism. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss while citing examples the Push and Pull factors in relation to Recreation and Leisure. (10 marks)
- b) Discuss social factors which influence the participation in leisure and recreation. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Explain the contributions of media in enhancing the growth of leisure and recreation. (10 marks)
- b) Explain Ten effects of betting on mental health of the consumers. (10 marks)