



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR SPECIAL/SUPPLEMENTARY FOR BACHELOR OF SCIENCE IN
HOSPITALITY AND TOURISM MANAGEMENT

HTM113-1: TOURISM, LEISURE, RECREATION AND HEALTH

DATE: 26/7/2019

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

QUESTION ONE (COMPULSORY)

- a) Explain the following theories of leisure:
 - i. Leisure as time (2 marks)
 - ii. Leisure as activity (2 marks)
 - iii. Leisure as a state of being (2 marks)
 - iv. Leisure as a holistic concept (2 marks)
 - v. Leisure as a way of life (2 marks)
- b) List and explain the types of leisure and recreation activities. (10 marks)
- c) Explain the relationship between leisure, recreation and tourism. (10 marks)

QUESTION TWO

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

QUESTION THREE

Discuss the principles of leisure and recreation management. (20 marks)

QUESTION FOUR

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

QUESTION FIVE

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