



MACHAKOS UNIVERSITY

University Examinations 2021/2022 Academic Year

SCHOOL OF HOSPITALITY AND TOURISM

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (TOURISM AND HOSPITALITY MANAGEMENT)

SHT 104: FOUNDATIONS OF TOURISM, LEISURE & RECREATION

DATE: 28/1/2022

TIME: 8:30 – 10:30 AM

INSTRUCTIONS: Answer all questions in section A and any two questions in section B.

SECTION A: Answer all questions in this section (30 marks)

- a) Define the following terms as is used is used in Tourism Leisure and Recreation. (4 marks)
- i. Tourism
 - ii. Leisure
 - iii. Recreation
 - iv. First Aid
- b) Describe the relationship between leisure, recreation and tourism (3 marks)
- c) Highlight five categories of leisure industry activities, giving one example of each of the categories mentioned. (5 marks)
- d) Describe five mental benefits of recreational activities (5 marks)
- e) List eight major contents of a First Aid Kit. (8 marks)
- f) Highlight five factors that will ensure the success in children's indoor play centers (5 marks)

SECTION B: ANSWER ANY TWO QUESTIONS IN THIS SECTION (40 MARKS)

QUESTION TWO (20 MARKS)

- a) Explain five (5) opportunity factors that influence participation in leisure and recreation. (10 marks)
- b) Analyze five visitor impact management strategies to be employed by leisure and recreational sites in order to promote their sustainability (10 marks)

QUESTION THREE (20 MARKS)

- a) Describe five negative impacts of recreational activities that are undertaken in Kenya National Parks and reserves (10 marks)
- b) Evaluate five factors that Influence the demand of leisure and recreation activities among Kenyans (10 marks)

QUESTION FOUR (20 MARKS)

- a) Using a diagram analyze the leisure and recreation destination life cycle and explain how each phase can be managed to enhance performance of leisure and recreation industry (12 marks)
- b) Discuss four reasons why it is important to Conduct Feasibility Studies before setting up a *recreational center*. (8 marks)

QUESTION FIVE (20 MARKS)

- a) Identify any two possible emergency incidences in active recreation and propose how first-aid and life-saving techniques could be applied. (10 marks)
- b) Describe how leisure and recreation promote quality of life. (10 marks)