



# MACHAKOS UNIVERSITY

University Examinations 2020/2021 Academic Year

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR SPECIAL /SUPPLEMENTARY EXAMINATION FOR

BACHELOR OF SCIENCE (HOSPITALITY AND TOURISM MANAGEMENT

HTM113-1:-TOURISM RECREATION, LESUIRE AND HEALTH

DATE: 13/8/2021

TIME: 8:30 – 10:30 AM

---

## INSTRUCTIONS

Answer Question One (Compulsory) and any other Two questions

### QUESTION ONE (Compulsory)

- a) Define the following terms: (6 marks)
- i. Leisure
  - ii. Recreation
  - iii. Spa
- b) Explain five social benefits of recreation (10 marks)
- c) Highlight six factors influencing people to participate in leisure and recreation (3 marks)
- d) List 10 outdoor recreation activities available in kenya and the locations where they can take place (5 marks)
- e) Explain six impacts of recreation to the tourism industry (6 marks)

### QUESTION TWO (20 MARKS)

- a) Discuss visitor management as a strategy to enhance recreation experience (10 marks)
- b) Assess the management of recreation facilities in Kenya. (10 marks)

**QUESTION THREE (20 MARKS)**

- a) Evaluate sports recreation in Europe and its impacts to tourism in the region (10 marks)
- b) Discuss five factors that have contributed to the increase of forest related Recreation. (10 marks)

**QUESTION FOUR (20 MARKS)**

- a) Analyse the participation of kenyans in recreational activities and its effects to domestic tourism (10 marks)
- b) Critique the government's investment in leisure and recreation facilities and suggest possible solutions to the issue (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) "Active recreation calls for medical or health preparedness" discuss this statement in light of first aid and life saving technique (10 marks)
- b) Relate recreation and leisure to well being of tourists (10 marks)