



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF BUSINESS, ECONOMICS AND HOSPITALITY AND TOURISM

MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (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 (COMPULSORY)

- a) Define the following terms; (10 marks)
- Leisure
 - Play
 - Recreation
 - Tourism
 - Ethnic tourism
- b) List four types of leisure and recreation activities. (4 marks)
- c) Discuss in details the factors promoting the growth of recreation in Kenya. (6 marks)
- d) Discuss 5 concepts of leisure and recreation management (10 marks)
- e) Discuss three impacts of leisure and recreation on the economy of the tourism industry. (6 marks)

QUESTION TWO (20 MARKS)

- a) Explain the benefits of leisure and recreation to the individual in a society. (10 marks)
- b) Discuss using examples two types recreation theories. (10 marks)

QUESTION THREE (20 MARKS)

- a) Using examples discuss 5 physical benefits of leisure & recreation. (10 marks)
- b) Relationship between leisure, recreation and tourism is very important. Using a clear diagram explain .. (10 marks)

QUESTION FOUR (20 MARKS)

- a) With an aid of a diagram explain the Maslow hierarchy of physiological needs in relation to tourism. (15 marks)
- b) Discuss giving examples the push and pull factors in relation to tourism, recreation and leisure. (5 marks)

QUESTION FIVE (20 MARKS)

- a) There are various challenges and trends that affects the leisure, recreation and health sector. Analyze eight of those challenges and trends giving examples where necessary. (16 marks)
- b) Play, Recreation and leisure have a lot of similarities. Highlight four of those similarities (4 marks)