



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Department of HOSPITALITY & Tourism MANAGEMENT

UNIVERSITY EXAMINATION FOR THE DEGREE OF:
BACHELOR OF SCIENCE IN TOURISM MANAGEMENT (BSTMS21)
HHT 4402: LEISURE AND RECREATION MANAGEMENT
END OF SEMESTER EXAMINATION

SERIES: JULY 2025

TIME: 2 HOURS

DATE: Pick Date Jul 2025

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **FIVE** questions. Attempt question ONE (Compulsory) and any other TWO questions.

Do not write on the question paper.

SECTION A (Answer all the questions)

30 POINTS

QUESTION ONE

Distinguish between the Compensatory Theory of Leisure and Spillover Theory of Leisure. (10 marks)

Describe any ten types of recreation activities (10 marks)

Children play is the foundation of leisure and recreation. Discuss. (10 marks)

Discuss factors that motivate participation in leisure and recreation (10 marks)

SECTION B (Answer only TWO questions)

QUESTION TWO

Discuss the personal and situational circumstances that affect leisure participation. (20 marks)

QUESTION THREE

Discuss the health benefits of recreation (20 marks)

QUESTION FOUR

Describe how leisure managers would endeavour to provide a balanced community recreation programme. (10 marks)

Discuss the social benefits of recreation in a community. (10 marks)

- a) Discuss the contribution of Industrial clubs to community recreation giving reference to the Kenyan situation. (10 marks)

QUESTION FIVE

Staff are claimed to be the most valuable asset in leisure and recreation settings. Discuss. (10 marks)

Explain why effective programming of leisure facilities and services is fundamental to achieving the aims and objectives of a leisure and recreation organization. (10 marks)