



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Department of HOSPITALITY & Tourism MANAGEMENT

UNIVERSITY EXAMINATION FOR THE DEGREE OF: BACHELOR OF TECHNOLOGY HOSPITALITY MANAGEMENT (BTHMA21)

HHT 4413: HEALTH AND WELLNESS

END OF SEMESTER EXAMINATION

SERIES: Dec 2024

TIME: 2 HOURS

DATE: Pick Date Dec 2024

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

Define the following and explain the range of activities involved in each

1. Yoga and meditation Tourism
2. Spiritual Tourism
3. Spa tourism

SECTION B (Answer only TWO questions)

QUESTION TWO

Discuss the factors that have contributed to the growth of health and wellness tourism (20 Marks)

QUESTION THREE

Discuss the External and Internal Factors Affecting the Growth of Health Tourism (20 Marks)

QUESTION FOUR

‘Despite trends towards globalization and standardization of facilities and services, there are unique products in different areas of the world which are worth travelling for’. Discuss. (20 Marks)

QUESTION FIVE

Discuss the social impacts of health and wellness tourism (20 Marks)