



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: 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

Define the following forms of tourism and describe the activities associated with them

- | | |
|---------------------|----------|
| 1. Spa tourism | 10 marks |
| 2. Thalasso tourism | 10 marks |
| 3. Holistic tourism | 10 marks |

SECTION B (Answer only TWO questions)

QUESTION TWO

- Describe the Five Tourism Quality of Life domains that combine the objective (Scandinavian) and subjective (American) approaches 10 Marks
- Describe the indicators which can be used to measure Quality of Life (QoL). (10 Marks)

QUESTION THREE

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

QUESTION FOUR

Discuss the six-dimensional model of Wellness proposed by the National Wellness Institute (2007)

QUESTION FIVE

Discuss the Challenges faced in marketing Health and Wellness Tourism (20 Marks)