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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
FOR THE BACHELOR OF SCIENCE IN HOSPITALITY MANAGEMENT
KHM 2104 – LEISURE, HEALTH & WELLNESS MANAGEMENT

Date: 11TH December 2024
Time: 2:30PM – 4:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

Read the following case study and answer the questions One A to F Below

Case Study: Enhancing Health & Wellness through Leisure Activities

Joyce, a 45-year-old Front Office Manager at ABC Hotel, has been experiencing high levels of stress and fatigue due to her demanding job. She has been advised by her doctor to incorporate leisure activities into her routine to improve her overall health and wellness. Joyce's daily routine involves long working hours, minimal physical activity, and irregular sleep patterns. Her health has suffered over time as a result of her sedentary lifestyle, bad eating habits, and lack of exercise. Joyce recently made the decision to change her lifestyle for the better due to the following main health issues: Having a BMI of 28 and being overweight. Being under a lot of stress. Regularly consuming sugary drinks and fast food. Having a poor quality of sleep, averaging 5–6 hours every night. Experiencing weariness and lack of motivation. Joyce's main objectives are to: Reduce her weight by 15 kg over the course of the next six months. Lessen stress and enhance mental health. Eat a diet that is balanced. Enhance the quality of sleep; Create a consistent exercise regime She often feels overwhelmed and lacks the energy to engage in any recreational activities. As part of the intervention, Joyce decides to join a local wellness program that focuses on integrating leisure activities such as yoga, meditation, and outdoor sports into participants' daily lives. The program also includes nutritional guidance and stress management workshops. After three months in the program, Joyce reports significant improvements in her physical and mental well-being. She now feels more energetic, sleeps better, and has a more positive outlook on life. Joyce's action plan to include: Dietary Adjustments, Substitute home-cooked meals for fast food, Boost consumption of whole grains, lean meats, fruits, and vegetables. Cut back on sugar-filled snacks and beverages. Workout Routine: Five days a week, begin with 30 minutes of brisk walking Start strength training twice a week and work your way up. Try to engage in an active pastime, such as swimming or cycling.

- a) Highlight **four** main health issues Joyce was facing before joining the wellness program (4 marks)
- b) Outline **six** ways in which her lifestyle contribute to these issues identified in (a) above (6 marks)
- c) Explain **three** types of leisure activities that were included in the wellness program and how they helped to improve Joyce's health (6 marks)
- d) Describe **six** ways Joyce would you use to measure the success of the enrolled wellness program (6 marks)
- e) Describe **three** ways in which Joyce can overcome barriers to incorporating leisure activities into their daily routines (6 marks)
- f) Explain **two** action plans Joyce would apply to manage stress and improve on her overall wellness (2 marks)

QUESTION TWO (20 MARKS)

- a) There has been a rise in global participation in leisure and recreation activities in recent years. Explain **six** factors that have led to this increase in leisure and recreation participation globally [6 Marks]
- b) Participating in outdoor leisure and recreational activities provides several health benefits, both physically and mentally, due to the rigorous training and the endurance required. Analyse **three** potential health benefits of participating in the Annual Nairobi Standard Chartered Marathon [6 Marks]
- c) In a commercial hotel's fitness center, clients are grouped based on their needs, preferences, and reasons for using the facility. Explain **four** types of clientele likely to be served at Commercial Hotels' fitness centers [8 Marks]

QUESTION THREE (20 MARKS)

- a) The recreation and leisure service field faces several challenges in the 21st century due to changing trends and advances. Describe **four** challenges facing this recreation and service field in the twenty-first century [8 Marks]
- b) You have been given the task of instructing and coaching a new cohort on leisure and recreational activities for overall health and wellness. Highlight **six** forms of recreation commonly undertaken in the countryside settings to those undertaken in the urban settings [6 Marks]
- c) In managing recreational facilities, defences against negligence claims can be critical for reducing liability. Explain **six** defences to tort that the management of recreation facilities can use against claims of negligence [6 Marks]

QUESTION FOUR (20 MARKS)

- a) A well-rounded, balanced diet is fundamental to achieving and maintaining overall health and wellness. Describe **six** dietary practices that contributes to long-term health benefits [6 Marks]
- b) Emerging trends are patterns, behaviours and preferences that are gaining popularity in the different sectors. Highlight **six** current trends in the field of leisure, health and wellness [6 Marks]

- c) Leisure activities can serve as a platform for inclusion, providing opportunities for individuals from diverse backgrounds to interact and participate in shared experiences. Explain **four** social benefits of active participation in leisure and recreation activities. [8 Marks]

QUESTION FIVE (20 MARKS)

- a) Explain the following theories on the reasons for participation in leisure and recreational activities:
- i. Relaxation theory [3 Marks]
 - ii. McClelland-Atkinson Theory of Need Achievement [3 Marks]
 - iii. Surplus energy theory [2 Marks]
 - iv. Nicholls' (1984) Theory of Goal or Achievement Orientations [2 Marks]
- a) Citing examples, differentiate between outdoor and indoor recreation facilities [4 Marks]
- b) Describe three negative impacts of the outdoor recreational activities on the environment [6 Marks]