



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2019/2020 ACADEMIC YEAR
FOURTH YEAR FIRST SEMESTER**

**SCHOOL OF TOURISM, HOSPITALITY AND
LEISURE STUDIES
BACHELOR OF PARKS, RECREATION AND
LEISURE MANAGEMENT (PRLM)**

COURSE CODE: RLM 4106

COURSE TITLE: LEISURE AND AGING

DATE: 9TH DECEMBER 2019

TIME: 2.30-4.30PM

INSTRUCTIONS TO CANDIDATES

Answer **ALL** questions in section **A** and any other **TWO** in section **B**.

This paper consists of 2 printed pages. Please turn over

SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

- 1. a. Define the term 'aging' (3marks)
- b. Briefly describe the relationship between leisure activities and aging (7marks)
- c. Explain your understanding of the concept of 'successful aging' (6marks)
- d. Describe the factors influencing participation in leisure activities in old age (7marks)
- e. Describe the social aspects of aging (7 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (40 MARKS)

- 2. Discuss the role of recreation and leisure among the elderly (20marks)
- 3. Using relevant examples, discuss the community based leisure (20marks)
- 4. Citing examples, discuss the positive and negative stereotypes about aging (20marks)
- 5. Discuss the theories on leisure activities and aging (20marks)

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