



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY
EXAMINATIONS
2018/2019 ACADEMIC YEAR
THIRD YEAR FIRST SEMESTER**

**SCHOOL OF TOURISM AND NATURAL
RESOURCES
BACHELOR IN PARKS, RECREATION
AND LEISURE MANAGEMENT**

**COURSE CODE: RLM 3108
COURSE TITLE: LEISURE LIFESTYLE
MANAGEMENT**

DATE: 15TH APRIL 2019

TIME: 1100 - 1300HRS

INSTRUCTIONS TO CANDIDATES

Answer Question **ONE** and any other **THREE** Questions

This paper consists of 2 printed pages. Please turn over.

Question One

- a) Define Lifestyle in people **(2 mks)**
- b) What factors influence change in lifestyle in a community **(7 mks)**
- c) Give 5 factors that determine the choice of recreation activities **(7 mks)**
- d) What are the barriers to leisure participation by some households in local communities **(9 mks)**

Question Two

- a) Describe some of the factors that enable participation leisure **(5 mks)**
- b) Give three (3) benefits of recreation to the local community **(3 mks)**
- c) Describe the factors that motivate Leisure and Recreation **(7 mks)**

Question Three

- a) Leisure lifestyles are influenced by work and family parameters. In your own understanding, discuss how the two parameters influence Leisure lifestyle **(10 mks)**
- b) What are the barriers/ individual constraints to leisure in later life or old age **(5 mks)**

Question Four

- a) What are some of the societal constraints to leisure in later life or old age **(5 mks)**

- b) Why leisure industry professions are crucial in promoting active lifestyles
(10 mks)

Question Five

- a) What are some of the Lifestyle factors affecting Health and Wellbeing
(5 mks)
- b) In defining Lifestyle, there are a number of concepts/issues that arise from the definitions. Identify five of these concepts and explain them briefly in relation to lifestyle
(10 mks)

Question Six

Inadequate leisure involvement is caused by three main subcategories of constraints: Personal constraints, structural constraints and environmental constraints. Enumerate and discuss the constraints' under each subcategory

(15 mks)

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