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 commuities **(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 you 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 lifelstyle **(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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