



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF
SCIENCE (RECREATION AND LEISURE MANAGEMENT)

HLR 502: LEISURE COUNSELLING AND CHANGE MANAGEMENT

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DATE: WEDNESDAY 6TH APRIL 2011 TIME: 2.00 P.M. - 5.00 P.M.

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INSTRUCTIONS

Answer any THREE (3) questions.

Answer each question in a separate booklet.

1. Expound on the guidelines for dealing with the challenges of becoming an effective counselor. (23.3 marks)
2. Analyze the therapeutic techniques applied in the counseling process.(23.3 marks)
3.
 - a) Outline the specific characteristics of counseling. (11 marks)
 - b) Elaborate on the different types of leisure counseling. (12.3 marks)
4. Analyze the behaviour change theories and models that can be used to guide the development and refinement of leisure counseling efforts. (24 marks)
5.
 - a) Describe the four basic change management strategies. (12 marks)
 - b) Outline the guidelines for changing culture in a sports and recreation organization. (12 marks)