KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE

HLR 502: LEISURE COUNSELING AND CHANGE MANAGEMENT

DATE: WEDNESDAY, 28TH MARCH 2012 **TIME:** 2.00 P.M – 5.00 P.M

INSTRUCTIONS

Answer ANY three (3) Questions
Answer Each Question in a separate Booklet

1. a) Using examples, elaborate on the different types of leisure counseling. [9 marks]
   b) Illustrate the multicultural background to the process of counseling as presented by Luft and Ingham. [15 marks]

2. Expound on the personal characteristics that are expected of an effective leisure counsellor. [23.3marks]

3. Analyze the behavior change theories and models that can be used to guide the development and refinement of leisure counseling efforts. [24 marks]

4. Expound on the following:
   a) Attending and Evaluation as used in the counseling process. [14 marks]
   b) Responding as used in a counseling session. [10 marks]

5. a) Describe any four basic change management strategies. [12 marks]
   b) Outline the guidelines for changing culture in a sports and recreation organization. [12 marks]