



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

INSTITUTE OF OPEN LEARNING

EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE IN LEISURE
AND RECREATION MANAGEMENT

HLR 503: LEISURE AND SPORTS FOR THE SPECIAL POPULATIONS

DATE: WEDNESDAY, 2ND FEBRUARY 2011

TIME: 2.00 P.M. - 5.00 P.M.

INSTRUCTIONS: ANSWER ANY THREE (3) QUESTIONS.

1. Analyze the goals of adapted physical activity. (24 marks)
2. Analyzes any eight (8) principles of fitness training. (24 marks)
3. Elaborate on:
 - a) Exercise and diabetes (8 marks)
 - b) Precautions during physical activity programs for persons with diabetes. (16 marks)
4.
 - a) Explain the terms:
 - i) Leisure (4 marks)
 - ii) Therapeutic recreation (6 marks)
 - b) Elaborate on the type of specialist needed for therapeutic recreation. (14 marks)
5. Using examples elaborate on:-
 - a) Characteristics of a healthy counseling relationship. (8 marks)
 - b) Techniques associated with active listening. (8 marks)
 - c) Importance of Leisure counseling to the special population. (8 marks)
