



**NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY
FACULTY OF COMMERCE, HUMAN SCIENCE AND EDUCATION
DEPARTMENT OF MARKETING, LOGISTICS AND SPORT MANAGEMENT**

QUALIFICATION: BACHELOR OF SPORT MANAGEMENT	
QUALIFICATION CODE: 07BSMN	LEVEL: 5
COURSE CODE: STR521S	COURSE NAME: SPORT TOURISM AND RECREATION
SESSION: JANUARY 2025	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

SECOND OPPORTUNITY EXAMINATION QUESTION PAPER	
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INSTRUCTIONS	
<ol style="list-style-type: none">1. This question paper consists of (3) three sections.2. Read the instructions on each section carefully3. Read all the questions carefully before answering.4. Number the answers clearly	

THIS QUESTION PAPER CONSISTS OF 5 PAGES (Including this front page)

SECTION A: Multiple choice questions. Answer all questions in this section. Each question carries 1 mark.

1. Which of the following is a negative trend in recreation and leisure
 - a. A decrease in travel and tourism
 - b. Increase in fitness activities
 - c. Increase in personal leisure time
 - d. Increase in recreational opportunities for all population strata
2. Which of the following is true about recreation and leisure activities?
 - a. They are only limited to government supported programmes
 - b. All programmes are privately owned
 - c. Recreational sport is one of the many categories that may be included
 - d. None of the above
3. Which of the following is not a theory of play?
 - a. Surplus Energy Theory
 - b. Cathartic Theory
 - c. Recapitulation Theory
 - d. Human Relation Theory
4. The following are types of leisure except:
 - a. Social Leisure
 - b. Physical Leisure
 - c. Cognitive leisure
 - d. Phenomenal Leisure
5. The following are parameters of free time except:
 - a. Magnitude
 - b. Structure
 - c. Content
 - d. Personality
6. The following are types of recreation except?
 - a. Commercial recreation
 - b. Public recreation

- c. Therapeutic recreation
 - d. Physical recreation
 - e. Political recreation
7. The following are general characteristics of recreational activities except:
- a. Are Voluntary
 - b. They promote an attitude of joyful participation
 - c. Are regenerative
 - d. People get paid for their participation
8. Which of the following are personal factors that influence an individual's participation in recreational activities?
- a. Age, Gender, Personal obligations, Marital status
 - b. Media, Friends and peer groups, Social roles and contacts
 - c. Distribution of facilities, Marketing strategies, Political policies
 - d. All of the above
9. Why has there been an increase in leisure time in the past 3 decades?
- a. Shorter Working Week
 - b. Unemployment
 - c. Technological Advancements
 - d. Early retirement
 - e. All of the above
10. Which of the following is not a classical theory of play.
- a. Surplus Energy Theory
 - b. Relaxation Theory
 - c. Recapitulation Theory
 - d. Spill over Theory

SECTION B: True or False questions. Answer all questions in this section. Each question carries 1 mark.

<u>No.</u>	<u>Question</u>
1	A good recreational programme should address social objectives and personal interests. True/False?
2	Organization and leadership, Political policies and social accessibility are examples of personal factors that may affect an individual's participation in recreational activities. True/False?
3	The Magnitude of free time is the average amount of time available for recreation. True/False?
4	Content of free time refers the time of the day in which the free time is located and the frequency of appearance of the free time. True/False?
5	Active leisure is when an individual participates in activities that do not stimulate mental activity. True/False?
6	Recreation is any form of experience pursued during free time in which an individual engages (physically and/or mentally) from choice because of personal enjoyment and monetary rewards. True/False?
7	One of the psychological characteristics of recreation is that people participate in recreational activities willingly, free from any form of obligation or external compulsion. True/False?
8	Leisure and enjoyment, Health and vocation are common reasons why people participate in recreational sport. True/False?
9	Getting regular exercise will help you relieve stress, which will be important for maintaining a healthy lifestyle. True/False?
10	Getting an adequate amount of sleep each night is as important for maintaining good health as what you eat and how often you exercise. True/False?

SECTION C: Essay Questions

Answer any 4 (four) questions ONLY in this section.

Question 1[20 marks]

- a. Explain the parameters of free time in recreation studies, giving relevant examples.

[9 marks]

- b. Discuss the reasons why there has been an increase in recreational time nowadays. [11 marks]

Question 2 [20 marks]

- a. Describe the four types of recreation, using relevant examples. [12 marks]
b. With the aid of a diagram, explain the Sports Tourism Model and the Trip Decision Making Process. [8 marks]

Question 3 [20 marks]

- a) Outline the ways that can be used to increase enrolment in recreational programmes. [5 marks]
b) Analyse how personal factors may affect a person's participation in recreational sport. [15 marks]

Question 4 [20 marks]

- a) Outline the principles that should be considered when programming recreational activities. [10 marks]
b) Explain the main problems faced within most recreational programmes. [10 marks]

Question 5 [20 marks]

- a. Discuss the sociocultural impact of sport tourism on host communities, use relevant examples. [15 marks]
b. Outline the economic forces that drive sport tourism. [5 marks]

END OF SECOND OPPORTUNITY EXAMINATION