



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY  
FACULTY OF COMMERCE, HUMAN SCIENCE AND EDUCATION**

**DEPARTMENT OF MARKETING, LOGISTICS AND SPORT MANAGEMENT**

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

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

**THIS QUESTION PAPER CONSISTS OF \_5\_ PAGES (Including this front page)**

**SECTION A: Multiple choice questions**

**Answer all questions. Each question carries 1 mark.**

1. Which of the following is a type of recreation:
  - a) Paid holidays
  - b) Therapeutic recreation
  - c) Economic Wealth
  - d) Medical recreation
  - e) None of the above
  
2. Which of the following best defines recreational sport?
  - a) Professional competitive sport
  - b) Physical activity for fun, fitness, and social interaction
  - c) Elite training for international competition
  - d) Sport governed only by national associations
  
3. Which of these is NOT an example of recreational sport?
  - a) Weekend cycling club rides
  - b) Playing tennis at a local park
  - c) Competing in the Olympic Games
  - d) Community football tournaments
  
4. A key benefit of recreational sport is:
  - a) Reducing community involvement
  - b) Promoting healthy lifestyles and social bonds
  - c) Increasing the financial burden on families
  - d) Limiting participation to elite athletes
  
5. Which of the following is a social benefit of recreational sport?
  - a) Weight loss
  - b) Improved cardiovascular health
  - c) Teamwork and friendships
  - d) Reduced blood pressure
  
6. Which age group can benefit from recreational sport?
  - a) Only children
  - b) Only teenagers
  - c) Only adults
  - d) People of all ages

7. Which of the following is not a reason why there has been an increase in leisure time nowadays:
- a) Shorter working week
  - b) Technological advances
  - c) Unemployment
  - d) Political issues
8. Which of the following would be considered a low-cost recreational sport?
- a) Skiing
  - b) Golf
  - c) Jogging in a park
  - d) Scuba diving
9. Recreational sport contributes to national development by:
- a) Only producing professional athletes
  - b) Encouraging sedentary lifestyles
  - c) Promoting health and reducing medical costs
  - d) Limiting opportunities for women and youth
10. Which of these is not a psychological benefit of recreational sport?
- a) Stress relief
  - b) Improved mood
  - c) Anxiety increase
  - d) Enhanced self-confidence

## **SECTION B: True/False questions**

**Answer all questions. Each question carries 1 mark.**

No.	Question
1	Public recreation is provided by government through local authorities and other government arms such as private schools and non-governmental organizations. <b>True/False?</b>
2	One of the functions of re recreation is the repositioning of energy wasted in the productive process <b>True/False?</b>
3	The hospitality and luxury transport industries are types of public recreation . <b>True/False?</b>
4	Recreation is extrinsically motivated. <b>True/False?</b>
5	It is important for a recreational administrator to understand the factors that affect people's participation in recreational activities. <b>True/False?</b>
6	Planning for recreational activities is a spontaneous event where information is obtained to facilitate a relevant programme for a target audience. <b>True/False?</b>
7	When coming up with the design of a recreational programme it is important to recognize the needs of different people. <b>True/False?</b>
8	Sport tourism can be defined as the experience of travel to engage in or view sport-related activities. <b>True/False?</b>
9	Two types of Adventure Tourism are Land Adventure and Forecast adventure <b>True/False?</b>
10	Nostalgia sport tourism refers to travel which involves either observing or participating in a sporting event like the Olympic games. <b>True/False?</b>

**SECTION C: Essay Questions**

**Answer 4 (four) questions only.**

**Question 1 [20 marks]**

“Recreational sport plays a vital role in building a healthier society.” Discuss this statement with reference to physical, mental, and social benefits. **[20 marks]**

**Question 2 [20 marks]**

- a. Explain 2 (two) differences between recreational sport and competitive sport. **[8 marks]**
- b. Explain any 4 (four) personal factors that affect people’s participation in recreational activities. **[12 marks]**

**Question 3 [20 marks]**

Explain the role of mega sporting events (e.g., Olympics, FIFA World Cup) in promoting sport tourism and their long-term impacts on host nations. **[20 marks]**

**Question 4 [20 marks]**

- a) Describe any 3 (three) types of Sport Tourism. **[12 marks]**
- b) Explain why it is important to gather information about sport tourists. **[8 marks]**

**Question 5 [20 marks]**

Discuss how technology and media have influenced participation in recreational sports. **[20 marks]**

**END OF FIRST OPPORTUNITY EXAMINATION**