



**UNIVERSITI KUALA LUMPUR
BUSINESS SCHOOL**

**FINAL EXAMINATION
MARCH 2025 SEMESTER**

COURSE CODE : EFB31003
COURSE NAME : RECREATION AND LEISURE TOURISM
PROGRAMME NAME : BACHELOR IN TOURISM PLANNING AND
DEVELOPMENT (HONOURS)
DATE : 24 JUNE 2025
TIME : 2.00 PM - 5.00 PM
DURATION : 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. Please **CAREFULLY** read the instructions given in the question paper.
2. This question paper has information printed on both sides of the paper.
3. This question paper consists of **TWO (2) Sections, Section A and Section B.**
4. Answer **ALL** questions in **Section A and Section B.**
5. Please write your answers on the OMR answer sheet and answer booklet provided.
6. All questions must be answered in **English** (any other language is not allowed).
7. This question paper must not be removed from the examination hall.

THERE ARE ELEVEN (11) PAGES OF QUESTIONS, EXCLUDING THIS PAGE.

SECTION A (Total: 40 marks)

INSTRUCTION: Answer ALL questions.

Please use the objective answer sheet provided.

1. Leisure is _____
 - A. activities that are not work-oriented
 - B. activities that are not life-oriented
 - C. activities that are not path-oriented
 - D. activities that are not break-oriented

2. Which of the following are **TRUE** about leisure?
 - I. Leisure may include reading for pleasure, meditating, painting, and participating in sports.
 - II. Leisure is an activity during free time.
 - III. Leisure does not involve life maintenance tasks.
 - IV. Leisure involves relaxation, calm, and peace.

A. I and IV only	C. I, II, III and IV
B. II and III only	D. None of the above

3. _____ is an activity people engage in during their free time, enjoy, and recognize as having socially redeeming values.

A. Play	C. Adventure
B. Leisure	D. Recreation

4. Which of the statements below is correct?
 - I. Values and benefits of recreation and leisure can relieve stress.
 - II. Leisure and recreation can lead to wasting time
 - III. The more leisure, the more pain
 - IV. Enhancing overall physical health and well-being is the best thing in leisure

A. I and IV only	C. I and III only
B. II and III only	D. I, II, III and IV

5. Which of the statements below is the influence of development in leisure?
- I. Historical events of the time
 - II. The power of politics
 - III. Generation of immigrants
 - IV. Enhancement of civilization
- A. I and IV only C. I and III only
B. II and III only D. I, II, III and IV
6. The history of theme parks is usually said to have begun in _____
- A. 1954
 - B. 1955
 - C. 1956
 - D. 1957
7. Theme parks are known as _____
- A. a large permanent area for public entertainment
 - B. a large permanent area for private entertainment
 - C. a large permanent area for exclusive entertainment
 - D. a large permanent area for specific entertainment
8. Theme parks usually concentrate on one _____
- A. design
 - B. setting initiative
 - C. space
 - D. dominant setting
9. Theme parks heavily rely on selling _____ related to their theme
- A. Food & Beverage
 - B. Package
 - C. Entertainment
 - D. Merchandising

10. Theme park employees are often expected to embody the theme of the park, engaging in scripted interactions and performances to enhance the visitor experience is known as _____
- A. thematic identity
 - B. performative labor
 - C. hybrid consumption
 - D. closed space
11. Public recreation depend on _____
- A. royalty
 - B. government
 - C. top management support
 - D. individual
12. One of the role of government in delivering public recreation is _____
- A. empowered workforce
 - B. training program that explains and promotes the quality initiative
 - C. regulator and legislator
 - D. reward-and-recognition program
13. Therapeutic recreation is _____
- A. A systematic process that uses recreation and other activity-based as rewards
 - B. A systematic process that uses recreation and other activity-based interventions to address the needs of individuals with attitude problems
 - C. A systematic process that uses recreation and other activity-based interventions to address the needs of individuals with consultation
 - D. A systematic process that uses recreation and other activity-based interventions to address the needs of individuals with illnesses, disabilities, or adverse circumstances, promoting psychological and physical health, recovery, and well-being.
14. NCTRC stand for _____
- A. The National Council for Therapeutic Recreation Certification
 - B. The National Council for Thera Recreation Certification
 - C. The National Council for Therapist Recreation Certification
 - D. The National Council for Therapy Recreation Certification

15. During which period did significant growth occur in therapeutic recreation, marked by the merging of professional organizations?
- A. 1956-1960
 - B. 1961-1965
 - C. 1966-1984
 - D. 1985-1990
16. What types of activities are typically included in therapeutic recreation services?
- A. Physical exercises, creative arts, social interactions, and outdoor adventures
 - B. Physical exercises, creative arts, social interactions, and vocational training
 - C. Physical exercises, creative arts, social interactions, and academic study
 - D. Physical exercises, creative arts, social interactions, and leisure activities
17. What is the primary goal of therapeutic recreation?
- A. To promote physical fitness and athletic performance through recreational sports
 - B. To offer recreational programs for social interaction and community engagement
 - C. To improve health and well-being through recreational activities
 - D. To provide leisure activities for entertainment and relaxation
18. Which programming area emphasizes self-directed participation in sports?
- A. Intramural Sports
 - B. Extramural Sports
 - C. Instructional Sports
 - D. Informal Sports
19. What type of sports are conducted within a particular setting, such as leagues and tournaments?
- A. Intramural Sports
 - B. Extramural Sports
 - C. Instructional Sports
 - D. Informal Sports

20. What is the purpose of "Sport for all" initiatives in recreational sport management?
- A. To promote elite athletic competition and high-performance training
 - B. To promote participation and inclusivity in recreational sports
 - C. To enhance professional sports branding and media relations
 - D. To generate revenue through commercial sports marketing and sales
21. What distinguishes extramural sports from intramural sports?
- A. Extramural sports are conducted within a single setting, while intramural sports involve competition between winners of various programs.
 - B. Extramural sports involve competition between winners of various programs, while intramural sports are conducted within a single setting.
 - C. Extramural sports are recreational activities within a single setting, while intramural sports are competitive events between winners of various programs.
 - D. Extramural sports are informal activities within a single setting, while intramural sports are structured competitions between winners of various programs.
22. What are the five aspects of personal health?
- A. Physical, Intellectual, Environmental, Emotional, and Gestural
 - B. Physical, Intellectual, Environmental, Emotional, and Autonomy
 - C. Physical, Intellectual, Environmental, Emotional, and Social
 - D. Physical, Intellectual, Environmental, Emotional, and Vocational
23. How is quality of life (QOL) defined in the context of community well-being?
- A. QOL is defined as the overall well-being across physical, intellectual, environmental, emotional, vocational, spiritual, and social dimensions
 - B. QOL is defined as the social connectedness and community engagement
 - C. QOL is defined as the economic prosperity and material wealth of a community
 - D. QOL is defined as the absence of disease and physical comfort

24. A 30-year-old woman named Sarah is feeling overwhelmed with her job and personal life. She struggles to find balance, often neglecting her physical health by skipping workouts and eating poorly. Recently, she has also felt isolated from friends and family, impacting her emotional well-being. Sarah seeks ways to improve her overall quality of life and happiness.

Which dimension of wellness should Sarah prioritize to improve her physical health?

- A. Working longer hours without breaks
 - B. Focusing only on intellectual pursuits
 - C. Regular exercise and balanced nutrition
 - D. Avoiding all forms of social interaction
25. Where is the only location in Asia where can skydive on a beach?
- A. Dubrovnik, Croatia
 - B. Tyrol, Austria
 - C. Pattaya, Thailand
 - D. Calla Bassa, Ibiza
26. What unique feature does an underwater scooter provide during underwater exploration?
- A. Enhanced buoyancy control
 - B. Improved visibility in murky waters
 - C. Increased maneuverability in tight spaces
 - D. Motorized propulsion
27. A group of friends plans a weekend trip to Malaysia, eager to explore various outdoor activities. They are particularly interested in adrenaline-pumping experiences like paragliding and scuba diving, as well as relaxing options like kayaking and fishing. Each member has different preferences for adventure levels and types of recreation.

Which activity would provide the most thrilling experience for adventure seekers?

- A. Kayaking
- B. Paragliding
- C. Fishing
- D. Camping

28. What is one of Malaysia's best times to go scuba diving?
- A. The rainy season (October to February)
 - B. The monsoon season (November to January)
 - C. The transition season (February to March)
 - D. The dry season (March to September)
29. Why is appreciating arts and culture considered valuable for emotional wellbeing?
- A. It enhances cognitive skills by stimulating critical thinking and problem-solving abilities
 - B. It improves physical health by promoting relaxation and stress reduction through artistic activities
 - C. It boosts social status by increasing cultural awareness and networking opportunities
 - D. It enhances emotional wellbeing by providing opportunities for self-expression, emotional release, and social connection
30. How can engaging with art and culture benefit cognitive function?
- A. It improves emotional regulation and social interaction by fostering empathy and communication.
 - B. It enhances physical fitness and motor skills by promoting active movement and coordination.
 - C. It stimulates attention, memory, and problem-solving by activating multiple cognitive processes.
 - D. It boosts sensory perception and aesthetic appreciation by refining visual and auditory processing.
31. What are some types of arts and cultural experiences mentioned in recreation and leisure?
- A. Costume, music, dance, and theater
 - B. Sports and outdoor activities
 - C. Culinary and gastronomic events
 - D. Shopping and retail experiences

32. Evelyn and her friends plan a weekend trip to explore local arts and culture. They want to visit a museum, attend a live performance, and engage in a creative workshop. Each activity aims to deepen their appreciation for the region's cultural heritage while enjoying enriching experiences together.

How can attending performances enhance one's understanding of cultural expressions?

- A. By showcasing diverse storytelling methods and traditions.
 - B. By focusing exclusively on visual arts without context.
 - C. By emphasizing individual preferences over community values.
 - D. By limiting exposure to only popular music genres.
33. What is one way that tourism promotes environmental awareness?
- A. By exposing travelers to natural environments, which fosters appreciation and encourages conservation efforts
 - B. By improving infrastructure for tourism facilities, which supports regional growth
 - C. By creating employment opportunities in the tourism sector, which enhances community development
 - D. By increasing economic revenue through tourism spending, which boosts local economies
34. What is one of the primary benefits of recreation and leisure tourism to society?
- A. It improves public health by facilitating physical activity
 - B. It creates professional job opportunities
 - C. It promotes environmental conservation by encouraging sustainable practices
 - D. It enhances community cohesion by fostering social interaction
35. Which professional skills are essential for leaders in the organized recreation field?
- A. Basic program execution skills
 - B. Volunteer coordination skills
 - C. Coaching techniques
 - D. Carefully studied goals and sophisticated planning techniques

36. How does recreation and leisure tourism contribute to economic diversification?
- A. It promotes cultural exchange by facilitating interactions between tourists and locals
 - B. It boosts revenue by increasing tourist spending in existing sectors
 - C. It creates jobs in specialized sectors by expanding employment opportunities
 - D. It enhances infrastructure by attracting investment in transportation and accommodation
37. What is the primary focus of ecotourism according to the UN Tourism's definition?
- A. Promoting cultural heritage and historical sites for tourist engagement
 - B. Conserving natural environments and improving the well-being of local communities
 - C. Enhancing recreational opportunities and leisure activities in natural settings
 - D. Maximizing economic benefits for local communities and tourism operators
38. What distinguishes commercial recreation enterprises from other types of organized recreation?
- A. They are managed by private membership clubs for exclusive use
 - B. They are operated by voluntary non-profit organizations for community benefit
 - C. They are funded by government agencies to provide public services
 - D. They are privately owned businesses operating to make a profit
39. Which organization type provides recreation and leisure services as a primary function?
- A. Voluntary non-profit organizations
 - B. Private membership organizations
 - C. Commercial recreation enterprises
 - D. Government recreation agencies

40. What are some examples of voluntary non-profit organizations that offer recreational opportunities?
- A. Government recreation agencies (such as parks, playgrounds, and community centers)
 - B. Voluntary non-profit organizations (such as Boy Scouts, Girl Scouts, YMCA, YWCA, and YM-YWHA)
 - C. Commercial recreation enterprises (such as amusement parks, water parks, and movie theaters)
 - D. Private membership organizations (such as golf clubs, tennis clubs, and yacht clubs)

SECTION B (Total: 60 marks)

INSTRUCTION: Answer ALL questions.
Please use the answer booklet provided.

Question 1

- (a) Define
- i. Play (2 marks)
 - ii. Leisure (2 marks)
 - iii. Recreation (2 marks)
- (b) List down four (5) values and benefits of recreation and leisure (5 marks)
- (c) List down five (5) destinations of public recreation in Malaysia (5 marks)

Question 2

- (a) List five (5) ways recreation and leisure activities help the economy. (5 marks)
- (b) Explain how recreation and leisure profession can contribute to society (10 marks)
- (c) List down 5 (five) examples of recreation activities (5 marks)

Question 3

- (a) Analyse two current trends in leisure and recreation at both local and global levels. Discuss how these trends influence individuals and communities from both positive and negative perspectives. (20 marks)
- (b) Analyse how social media has influenced leisure and recreation trends among Malaysians. Provide relevant examples. (4 marks)

END OF EXAMINATION PAPER