



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2019/2020 ACADEMIC YEAR
FOURTH YEAR FIRST SEMESTER**

**SCHOOL OF TOURISM, HOSPITALITY AND
LEISURE STUDIES
BACHELOR OF PARKS, RECREATION AND
LEISURE MANAGEMENT (PRLM)**

COURSE CODE: RLM 4105

**COURSE TITLE: THE THERAPEUTIC RECREATION
AND MENTAL HEALTH**

DATE: 10TH DECEMBER 2019

TIME: 11.00-1.00PM

INSTRUCTIONS TO CANDIDATES

Answer **ALL** questions in section **A** and any other **TWO** in section **B**.

This paper consists of 2 printed pages. Please turn over

SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

1. a. Define the mental health according to World Health Organization (WHO) in relation to therapeutic recreation. **(3marks)**
- b. Briefly explain the economic burden of mental health in the Kenyan society. **(7marks)**
- c. List the four objectives of WHO Action Plan 2013 – 2020. **(7marks)**
- d. The WHO Action Plan 2013 -2020 relies on six cross - cutting principles and approaches. Describe the principles and approaches and their applicability in the Kenyan context. **(6marks)**
- e. Depression is one of the leading causes of mental health disorders in Kenya. Briefly describe this statement. **(7marks)**

SECTION B: ANSWER ANY TWO QUESTIONS (40 MARKS)

2. a. Citing relevant examples, discuss the current disorders treated using recreational therapy. **(20marks)**
- b. Name and discuss the institutions offering therapeutic recreation in Kenya. **(20marks)**
- c. Discuss in details the relevant laws in Kenya that provide support for mental health services. **(20marks)**
- d. Discuss the modes of treatment of disability disorders as stipulated in Mental Health Act CAP 248 Laws of Kenya. **(20marks)**

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