



National Open University of Nigeria
Faculty of Education
Human Kinetics and Health Education Department
2025_2 EXAMINATIONS

Course Code: KHE 333

Course Title: Community Recreation

Course Status: 2C

Time: 2 hours

Instruction: Answer Question ONE (1) and any other Two (2) Questions

1.
 - a. Define the concept of Recreation **5marks**
 - b. Explain the following as it affects agencies that provide recreational activities
 - i. Individual and Home
 - ii. Private Agencies
 - iii. Voluntary Agencies
 - iv. Commercial Agencies
 - v. Governmental Agencies. **5marks**
 - c. Outline TEN (10) Benefits of recreation activities **20marks**
2.
 - a. Identify FIVE (5) guidelines for planning recreational activities **5mark**
 - b. Differentiate between personal fulfillment and democratic humanrelation of recreation. **8marks**
 - c.
 - i. Explain any five (5) objectives of recreation activities **5marks**
 - ii. Define Traditional Wrestling **2marks**
3.
 - a. Explain the history of Langa Game **6marks**
 - b. State five (5) objectives of traditional wrestling in Nigeria **10marks**
 - c. Mention four (4) recreational activities set up in each part of the country **4marks**
4.
 - a. Explain the history of Kokowa Game **10marks**
 - b. Explain any FIVE (5) characteristics of recreational activities **5marks**
 - c. Mention FIVE (5) types of traditional sport in Nigeria. **5marks**