



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)
MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR**

MAIN EXAM

**FOURTH YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS**

COURSE CODE: HND 412

COURSE TITLE: LEADERSHIP IN NUTRITION & DIETETICS

DATE: 12/04/2023

TIME: 8:00- 10:00 AM

INSTRUCTIONS TO CANDIDATES

Answer **ALL** questions in SECTION A and B
Answer only **TWO** questions in SECTION C
Read additional instructions under various sections

TIME: 2Hours

MMUST observes **ZERO** tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over.

SECTION A: 10 MULTIPLE CHOICE QUESTIONS EACH 1 MARK –TOTAL 10MARKS

1. What does vision of the future mean in achieving leadership of excellence in healthcare?
 - A. Looking at the future to change based on research and information on the news
 - B. Making changes based on the organization's history, commitment, and desire for excellence
 - C. Striving for excellence by evaluating other organization's progress
 - D. Following health care trends regarding only customer service and health policy
2. Customer and partnerships are examples of _____ of organizational excellence?
 - A. Revenue
 - B. Internal
 - C. Resources
 - D. External
3. Which of the following is **TRUE** about servant leadership?
 - A. It is based on the belief that managers should control their employees
 - B. It has a top down hierarchy
 - C. It focuses on the employee
 - D. Both A and B
4. Which of the following is the main purpose of a Portfolio _____.
 - A. Interviewing tool: sell yourself
 - B. Self-assessment: who you are and what you want to do
 - C. Performance appraisal tool: show supervisor your work strengths
 - D. All of the above
5. How does framing influence leadership effectiveness? It can be used to
 - A. assess individuals personality
 - B. influence the perception of message from a leader
 - C. understand group dynamics
 - D. determine the employees work ethics
6. A leader or manager considers as many perspectives as possible when making a decision for the organization. Which of the following is a reason why people resist change he/she is addressing?
 - A. Parochial self-interest
 - B. Misunderstanding and lack of trust
 - C. Low tolerance for change
 - D. Different assessments
7. What term serves as an umbrella term for the skills a leader uses to prevent and manage interpersonal conflict in the workplace?
 - A. Social intelligence
 - B. Intellectual honesty
 - C. Initiative
 - D. Accountability
8. The following is **NOT** an element of emotional intelligence?
 - A. Self-regulation
 - B. Manipulation
 - C. Motivation
 - D. Empathy
9. The following person is demonstrating self-awareness?
 - A. Martin who believes that self-reflection should be a private thing.
 - B. Quinter who reflects on what she should do to be better at her job.
 - C. Brian who tells all under his supervision that they should be motivated by bonuses,
 - D. Angel who uses computer modeling to make effective decisions
10. Which of the following is **NOT** an element that contributes to job satisfaction?
 - A. Receiving praise from the boss.
 - B. Receiving the same compensation as everyone else at the same job level.
 - C. The feeling that one needs new work challenges when there are no other opportunities.
 - D. The feeling that one is paid fairly for the work that one has to do.

SECTION B: ANSWER ALL QUESTIONS, EACH QUESTION, 6 MARKS (30 MARKS)

11. Differentiate between;

- a. Leadership and management. [2 marks]
- b. Leadership Theories and Leadership Models. [2 marks]
- c. Vision and strategy. [2 marks]

12.

- a. Define a Portfolio. [1 marks]
- b. Highlight **TWO** types of portfolio. [2 marks]
- c. List **THREE** uses of a portfolio. [3 marks]

13. Name **SIX** Principles of Transformational Leadership. [6marks]

14.

- a. Define communication. [1 marks]
- b. List the **FIVE** steps in the oral message-sending process. [5 marks]

15.

- a. Enumerate the **THREE** steps of writing a professional contract. [3 marks]
- b. List **THREE** components that must be included in a professional contract. [3 marks]

SECTION C: ANSWER ANY TWO QUESTIONS; EACH QUESTION 15 MARKS (30 MARKS)

16.

- a. Differentiate between leadership styles and leadership traits. [2 marks]
- b. List **SIX** principles of leadership. [6 marks]
- c. Name **SEVEN** qualities of a good leader. [7 marks]

17. Discuss the following theories;

- a. Behavioral theories. [5 marks]
- b. Contingency leadership theories. [5 marks]
- c. Trait theories. [5 marks]

18.

- a. Define coaching in leadership. [1 marks]
- b. Discuss **SEVEN** guidelines that will help you to be an effective coach. [14marks]

