



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL SENIOR CERTIFICATE

GRADE 12

DANCE STUDIES
FEBRUARY/MARCH 2016

MARKS: 100

TIME: 3 hours

This question paper consists of 8 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of 11 questions. Answer only NINE questions.
2. This question paper consists of TWO sections:

SECTION A: Consists of SIX questions.
Note that you have a choice between QUESTION 5 and QUESTION 6 in this section. If you answer both questions, only the first question answered will be marked.

SECTION B: Consists of FIVE questions.
Note that you have a choice between QUESTION 10 and QUESTION 11. If you answer both questions, only the first question answered will be marked.
3. Number the answers correctly according to the numbering system used in this question paper.
4. Read each question carefully and take note of what is required.

NOTE: If a question asks you to *explain/elaborate/describe/analyse/evaluate/compare*, write your answer in full sentences and provide as much information as possible. One-word answers will NOT be accepted.
5. You may do rough planning in the ANSWER BOOK. Draw a line through any work that should NOT be marked.
6. You will be assessed on your ability to:
 - Use good English (write only in one language)
 - Organise and communicate information clearly
 - Use the specific format asked for in certain questions
 - Use specialist dance terminology where appropriate
7. Write neatly and legibly.
8. Plan your time:
 - Spend approximately 60 minutes on SECTION A: 40 marks
 - Spend approximately 120 minutes on SECTION B: 60 marks

SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE**QUESTION 1: WARM UP AND COOL DOWN**

- 1.1 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.1.1–1.1.3) in the ANSWER BOOK.
- 1.1.1 A cool down gradually increases the heart rate. (1)
- 1.1.2 A cool down prevents blood pooling in your legs. (1)
- 1.1.3 A cool down should never include stretching. (1)
- 1.2 Recommend THREE relaxation methods/techniques that could be included in a dancer's cool down after a dance class. Motivate why they would be effective. (Write a paragraph.) (3)
- 1.3 Various factors need to be taken into consideration during a warm-up. Analyse FOUR of the factors that could influence a dancer's warm-up. (Write a paragraph.) (4)
- [10]**

QUESTION 2: COMPONENTS OF FITNESS

- 2.1 Complete the following sentences on components of fitness by filling in the missing word(s). Write only the word(s) next to the question number (2.1.1–2.1.4) in the ANSWER BOOK.
- 2.1.1 Endurance is the ability to ... (1)
- 2.1.2 Core stability refers to ... (1)
- 2.1.3 The ability to control movements and have equal weight over a central point is called ... (1)
- 2.1.4 The wide range of movement (ROM) around a joint is known as ... (1)
- 2.2 It is beneficial for a dancer to have strength in the dance class/performance. Discuss this statement. (Write a paragraph.) (4)
- [8]**

QUESTION 3: POSTURE

Explain what you understand by *good posture* and why it is essential in the dance class. (Write a paragraph.)

[4]

QUESTION 4: NEUROMUSCULAR SKILLS (MOTOR COORDINATION)

Neuromuscular skills refer to the ability of the brain to send messages to the body with an instant reaction time.

Interpret the quote above with reference to neuromuscular skills. How are these components of motor fitness developed in dance training? (Write a paragraph.)

[6]

NOTE: You have a choice between QUESTION 5 and QUESTION 6.
Answer only ONE of these questions.

QUESTION 5: INJURIES (Choice question)

One of your fellow dancers has seriously strained his ankle. The final practical examination is only one month away and he is unable to participate fully in the dance class.

Draw and complete the tables below as a guide to assist him in his recovery and preparations.

IDENTIFY THREE SYMPTOMS
1.
2.
3.

(3)

GIVE TWO POSSIBLE CAUSES OF THE STRAIN
1.
2.

(2)

EXPLAIN THE IMMEDIATE TREATMENT OF THIS INJURY
1.
2.
3.
4.

(4)

DEDUCE THREE MAJOR COMPLICATIONS HE MAY FACE DURING HIS FINAL PRACTICAL DANCE PREPARATIONS
1.
2.
3.

(3)

[12]

OR

QUESTION 6: MUSCLES, JOINTS AND ACTIONS (Choice question)**RIGHT****LEFT**

6.2

[Source: loisgreenfield.com]

- 6.1 Which of the following muscles is NOT a part of the quadriceps muscle group?
 • Vastus Intermedius
 • Vastus Medialis
 • Semimembranosus
 • Rectus Femoris (1)
- 6.2 Label the muscle in the photograph above (6.2) and explain any ONE anatomical action. (2)
- 6.3 Which of the muscles below is the largest muscle in the human body and what is its anatomical action?
 • Gluteus Medius
 • Piriformis
 • Gluteus Maximus
 • Gluteus Minimus (2)
- 6.4 What anatomical action is occurring in the dancer's knees? (Refer to the photograph above.) (1)
- 6.5 Name ONE muscle responsible for the action occurring in the dancer's ankles. (Refer to the photograph above.) (1)
- 6.6 What is the purpose of the hamstring muscles? (2)
- 6.7 Judging by the dancer's posture in the photograph, comment on which THREE muscles would be responsible for the dancer's posture. (3)

[12]**TOTAL SECTION A: 40**

SECTION B: DANCE HISTORY AND LITERACY**QUESTION 7: CHOREOGRAPHY AND PERFORMANCE**

7.1 Explain the following music elements and how they influence your musicality and dance performance:

7.1.1 Tempo (2)

7.1.2 Timbre (2)

7.1.3 Dynamics (2)

7.2 Design an inventive improvisation activity you could use to stimulate creativity towards composing a short dance. Choose ONE of the stimuli below.

props;	poetry;	images
--------	---------	--------

Explain your activity step by step, from improvisation into composition. Include in your activity how you could incorporate motifs or gestures and choreographic elements.

(6)
[12]

QUESTION 8: SOUTH AFRICAN CHOREOGRAPHERS

Write an article for a dance magazine on ONE of the prescribed South African choreographers listed in the table below.

Include the following information, in any order, in your article:

- The name of the choreographer you are writing about
- Professional career
- People/Sociopolitical context that influenced his/her work
- His/Her choreographic approach and/or own unique dance style, giving examples from a work that you have seen
- The choreographer's significant achievements and contributions to the art of dance in South Africa
- Marks awarded for writing in the correct format

PRESCRIBED SOUTH AFRICAN CHOREOGRAPHERS	
Veronica Paeper	Mavis Becker
Vincent Mantsoe	Hazel Acosta
Alfred Hinkel	Carolyn Holden
Sylvia Glasser	Dada Masilo
Gary Gordon	Gregory Maqoma

[15]

QUESTION 9: HISTORY OF DANCE MAJOR AND INDIGENOUS DANCE

- 9.1 You have been instructed by your dance teacher to research your dance major.
- 9.1.1 Name your dance major.
- 9.1.2 Describe SIX characteristics and/or principles which make your dance form unique. You may bullet your answers. (6)
- 9.1.3 State FIVE significant facts about the background of your dance major. Explain each fact in full sentences. (5)
- 9.2 With regard to participants and communities, what in the 21st century has had an influence on indigenous dance? How is it used, perceived and valued in today's society? (Write a paragraph.) (4)
- [15]**

NOTE: You have a choice between QUESTION 10 and QUESTION 11.
Answer only ONE of these questions.

QUESTION 10: INTERNATIONAL DANCE WORK – GHOST DANCES (Choice question)

Christopher Bruce reflects on social and political views in this dance work. He portrays his message through the people in this story.

With reference to the statement above, write an essay demonstrating how Bruce portrays this message through:

- The synopsis/intent
- The sets and costumes
- The movement vocabulary of the people in this story
- The symbolism used in this work
- The impact of the overall performance



[Source: www.bing.com]

[18]

OR

QUESTION 11: INTERNATIONAL DANCE WORK (Choice question)

You have been on a field trip to see a production of one of the prescribed international dance works listed below.

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
George Balanchine	<i>Apollo or Jewels (Emeralds, Rubies, Diamonds)</i>
Alvin Ailey	<i>Revelations</i>
Martha Graham	<i>Lamentation or Errand into the Maze</i>
Mathew Bourne	<i>Swan Lake or Cinderella</i>
Pina Bausch	<i>The Rite of Spring</i>
William Forsythe	<i>In the Middle, Somewhat Elevated</i>
Jiri Kylian	<i>Wings of Wax</i>
Mats Ek	<i>Giselle or Swan Lake or Carmen</i>
Rudi van Dantzig	<i>Four Last Songs</i>

Write an essay and include the following aspects of this dance work:

- Name the choreographer and dance work you are writing on.
- Explain the synopsis/intent.
- Describe the production elements.
- Discuss the movement vocabulary.
- Analyse the symbolism.
- Discuss TWO aspects of this work that you found innovative.

[18]

TOTAL SECTION B: 60
GRAND TOTAL: 100