



Province of the
EASTERN CAPE
EDUCATION

**NATIONAL
SENIOR CERTIFICATE**

GRADE 11

NOVEMBER 2013

DANCE STUDIES

MARKS: 100

TIME: 3 hours

This question paper consists of 8 pages.

INSTRUCTIONS AND INFORMATION

1. This paper consists of TWO sections.
 - SECTION A – Safe Dance Practice and Healthcare
 - SECTION B – Dance History and Literacy
2. Read through the whole paper carefully before answering it.
3. There is a choice between QUESTION 2 and QUESTION 3.
4. There are ELEVEN questions in this question paper.
5. Number the answers correctly according to the numbering system used in this question paper.
6. Leave THREE lines after each QUESTION.
7. Start EACH SECTION on a NEW page.
8. Draw a line through any questions that you do not want marked.
9. Marks are NOT allocated according to the principle of ‘one mark per one fact’, but according to the quality of the answer.
10. Write neatly and legibly.

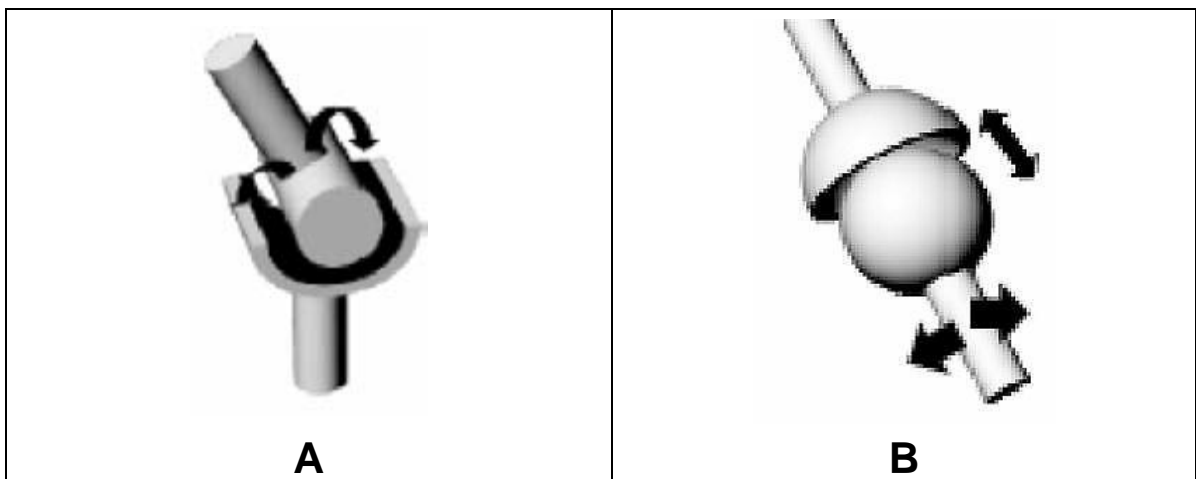
SECTION A: SAFE DANCE PRACTICE AND HEALTHCARE

QUESTION 1

- 1.1 Explain in detail what “a *balanced diet*” is. (2)
 - 1.2 What should a dancer’s diet consist of during training and rehearsals? (3)
 - 1.3 Give the definition of the eating disorder “*Anorexia Nervosa*”. (2)
 - 1.4 Besides extreme weight loss, what are some of the effects of Anorexia on the body? (3)
- [10]**

YOU HAVE A CHOICE BETWEEN QUESTION 2 AND QUESTION 3.

QUESTION 2



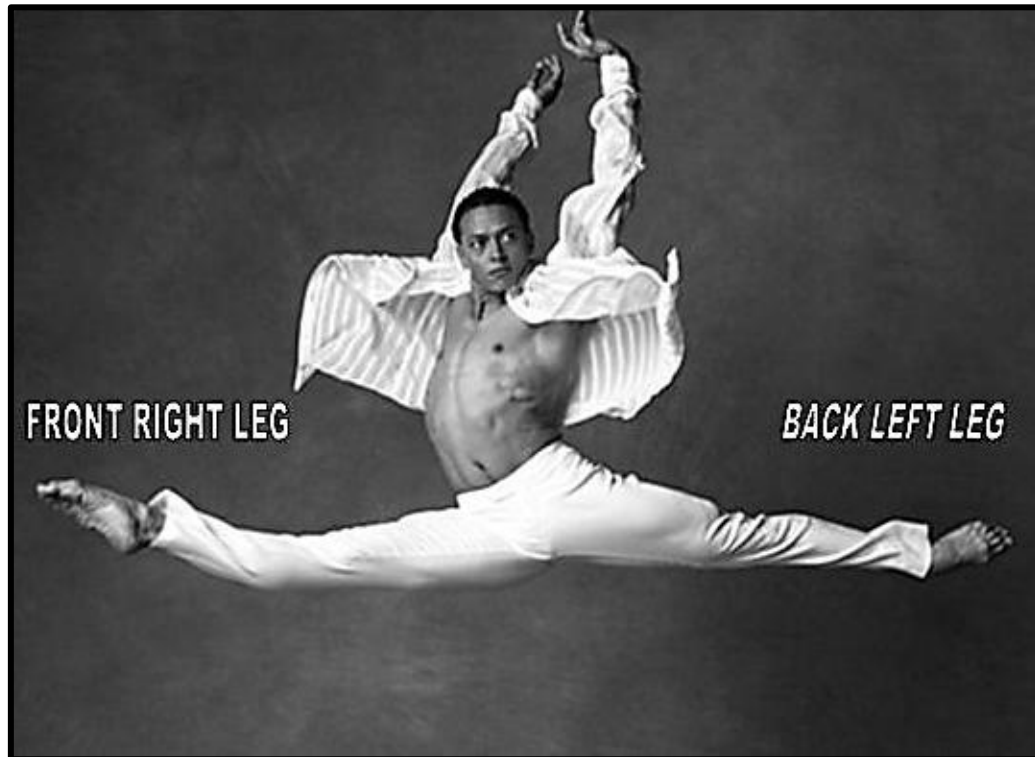
- 2.1 Give the name of each type of joint in the sketches above named **A** and **B**. (2)
- 2.2 Give ONE anatomical action for **A**. (1)
- 2.3 Give ONE anatomical action for **B**. (1)
- 2.4 Refer to the sketch of the joint **A** and name a part of the body where this joint can be found. (1)
- 2.5 Refer to the sketch of the joint **B** and name a part of the body where this joint can be found. (1)
- 2.6 Name and explain FOUR functions of the skeleton. (4)

[10]

OR

QUESTION 3

- 3.1 Study the picture below and identify the following anatomical actions occurring in this dancer's various joints. Name ONE ANATOMICAL action for each movement.



- 3.1.1 The head (1)
- 3.1.2 The hip – front right leg (1)
- 3.1.3 The hip – back left leg (1)
- 3.1.4 The ankles – both legs (1)
- 3.2 3.2.1 Name the biggest muscle in the body. (1)
- 3.2.2 Name the longest muscle in the body. (1)
- 3.2.3 Name TWO muscles that are used for core stability. (2)
- 3.2.4 Name TWO muscles that are used for muscle strength to sustain movement as well as transferring weight such as in jumps, travelling, balances and turns. (2)

[10]

QUESTION 4

- 4.1 Name the component of fitness that would improve a dancer’s posture. (1)
- 4.2 How would this component of fitness be achieved? (2)
- 4.3 What are the benefits of muscle strength to a dancer? (3)
- 4.4 Design a poster for your classroom that highlights at least FOUR tips for stretching safely. (4)

[10]

QUESTION 5

- 5.1 Match the correct foot problem in COLUMN B to the treatment in COLUMN A. Write only the question number (5.1.1–5.1.5) in COLUMN A and the matching letter (A–E) of the answer from COLUMN B on your answer sheet, for example 5.1.6 F.

COLUMN A		COLUMN B	
5.1.1	Soak feet in warm water with bicarbonate of soda	A	Cracked heels
5.1.2	Apply anti-fungal lotion or foot powder	B	Skin splits
5.1.3	Use powder on your feet to reduce the amount of moisture	C	Tired feet
5.1.4	Rub cream into your feet to prevent dry skin	D	Sweaty feet
5.1.5	Tape the balls of your feet when dancing	E	Athletes’ feet

(5 x 1) (5)

- 5.2 What are the causes of cramps during dance classes? (2)
- 5.3 How can an injury like shin splints be prevented? (3)

[10]

TOTAL SECTION A: 40

SECTION B: DANCE HISTORY AND LITERACY**QUESTION 6**

You have studied an indigenous/cross cultural dance this year. Give the following information.

- 6.1 Give the name of the dance and where it comes from (1)
- 6.2 Who would perform the dance? (1)
- 6.3 What is the purpose of this dance? (1)
- 6.4 Describe what the participants would wear. (2)
- 6.5 Discuss the musical accompaniment used for this dance. (2)
- 6.6 Where would this dance take place, and what type of movements would be used in the dance? (3)
- 6.7 Discuss some of the symbolism in African dance. (2)

[12]**QUESTION 7**

This year you have studied a prescribed international dance work and international choreographer. Answer the following questions.

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
George Balanchine	<i>Appollo/Jewels</i>
Alvin Ailey	<i>Revelations</i>
Martha Graham	<i>Lamentation/Errand into the Maze</i>
Christopher Bruce	<i>Ghost Dancers</i>
Mathew Bourne	<i>Swan Lake/Cinderella</i>
Pina Bausch	<i>Rites of spring</i>
William Forsythe	<i>In the middle, somewhat elevated</i>
Mats Ek	<i>Giselle/Swan Lake/Carmen</i>
Rudi van Dantzig	<i>Four Last Songs</i>
Jiri Killian	<i>Wings of wax</i>

- 7.1 Give the name of the dance work and the choreographer. (4)
- 7.2 Provide the story/synopsis of the dance work. (3)
- 7.3 Describe the costumes worn by the dancers. (3)
- 7.4 Describe the dance style of the dance work. (2)
- 7.5 As a South African dance student, why do you think it is important to learn about international dance history? (2)

[12]

QUESTION 8

Choose ONE SOUTH AFRICAN CHOREOGRAPHER AND DANCE WORK from the prescribed list below and answer the following questions.

SOUTH AFRICAN CHOREOGRAPHERS	DANCE WORKS
Veronica Paeper	<i>Orpheus in the Underworld/Carmen</i>
Vincent Mantsoe	<i>Gula Matari</i>
Alfred Hinkel	<i>Last Dance (Bolero)/Rain in a dead man's footprints/Cargo</i>
Sylvia Glasser	<i>Tranceformations</i>
Gary Gordon	<i>Bessie's Head</i>
Mavis Becker	<i>Flamenco de Africa</i>
Hazel Acosta	<i>Blood Wedding</i>
Caroline Holden	<i>Imagenes</i>
Gregory Maqoma	<i>Beauty Trilogy/Skeleton Dry</i>

- 8.1 Give the name of the choreographer and the dance work.
- 8.2 Supply information on what influenced and inspired this choreographer. (3)
- 8.3 Describe his/her dance training/choreographic career. (3)
- 8.4 Describe the music accompaniment used in this dance work. Include composer/artists/genre/instrumentation, etc. (2)
- 8.5 How did the music enhance the dance work? (2)
- [10]**

QUESTION 9

Match COLUMN A with COLUMN B. Write only the letter (A–D) of the instrument next to the appropriate number (9.1–9.4) on your answer sheet, for example 9.5 E.

COLUMN A		COLUMN B	
9.1	Chordophone	A	African drum
9.2	Membranophone	B	Trumpet
9.3	Idiophone	C	Violin
9.4	Aerophone	D	Mbira

[4]

QUESTION 10

There are many different dance majors. Answer the following questions on your dance major.

- 10.1 Give the name of your dance major. (1)
- 10.2 Give a brief explanation of the origin and history of your dance major. (3)
- 10.3 How would you recognise your dance major? (3)
- 10.4 Name some of the principles of your dance major. (3)
- [10]**

QUESTION 11

- 11.1 What is the aim of improvisation? (2)
- 11.2 During your improvisation lessons you did 'trust movements'. Give reasons why trust between dancers are important. (2)
- 11.3 Explain ONE of the trust movements that you did in class and how it made you feel. (3)
- 11.4 What is a prop? Give ONE example of how it could be used. (2)
- 11.5 Name the things you should consider when designing a flyer or a poster to advertise your dance production. (3)
- [12]**

TOTAL SECTION B: 60
GRAND TOTAL: 100