



Province of the
EASTERN CAPE
EDUCATION

**NATIONAL
SENIOR CERTIFICATE**

GRADE 11

NOVEMBER 2015

DANCE STUDIES

MARKS: 100

TIME: 3 hours



This question paper consists of 8 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TEN questions. Answer ONLY NINE questions.
2. This question paper consists of TWO sections:
SECTION A: Consists of FIVE questions.
Note that you have a choice between QUESTION 2 and QUESTION 3 in this section. If you answer both questions, only the first question answered will be marked.
SECTION B: Consists of FIVE questions.
Answer all the questions in this section.
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.
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. Use the table below as a guide for mark and time allocation when answering each question.

SECTION	QUESTION	MARKS	TIME (minutes)
A: Safe Dance Practice Health Care (Choice between QUESTION 2 and 3)	1	10	60
	2	10	
	3	10	
	4	10	
	5	10	
B: Dance History and Literacy	6	10	120
	7	15	
	8	15	
	9	8	
	10	12	
	TOTAL	100	180

SECTION A: SAFE DANCE PRACTICE AND HEALTHCARE**QUESTION 1: POSTURE/WARM UP AND COOL DOWN**

- 1.1 Describe how you should hold your posture in dance. (3)
- 1.2 How would you improve and maintain good posture? (2)
- 1.3 Why is it important to warm up the body before a dance class? (3)
- 1.4 Cooling down at the end of a class is important. Discuss what should be done during the cool down. (2)
- [10]**

YOU MAY CHOOSE BETWEEN QUESTION 2 AND QUESTION 3.

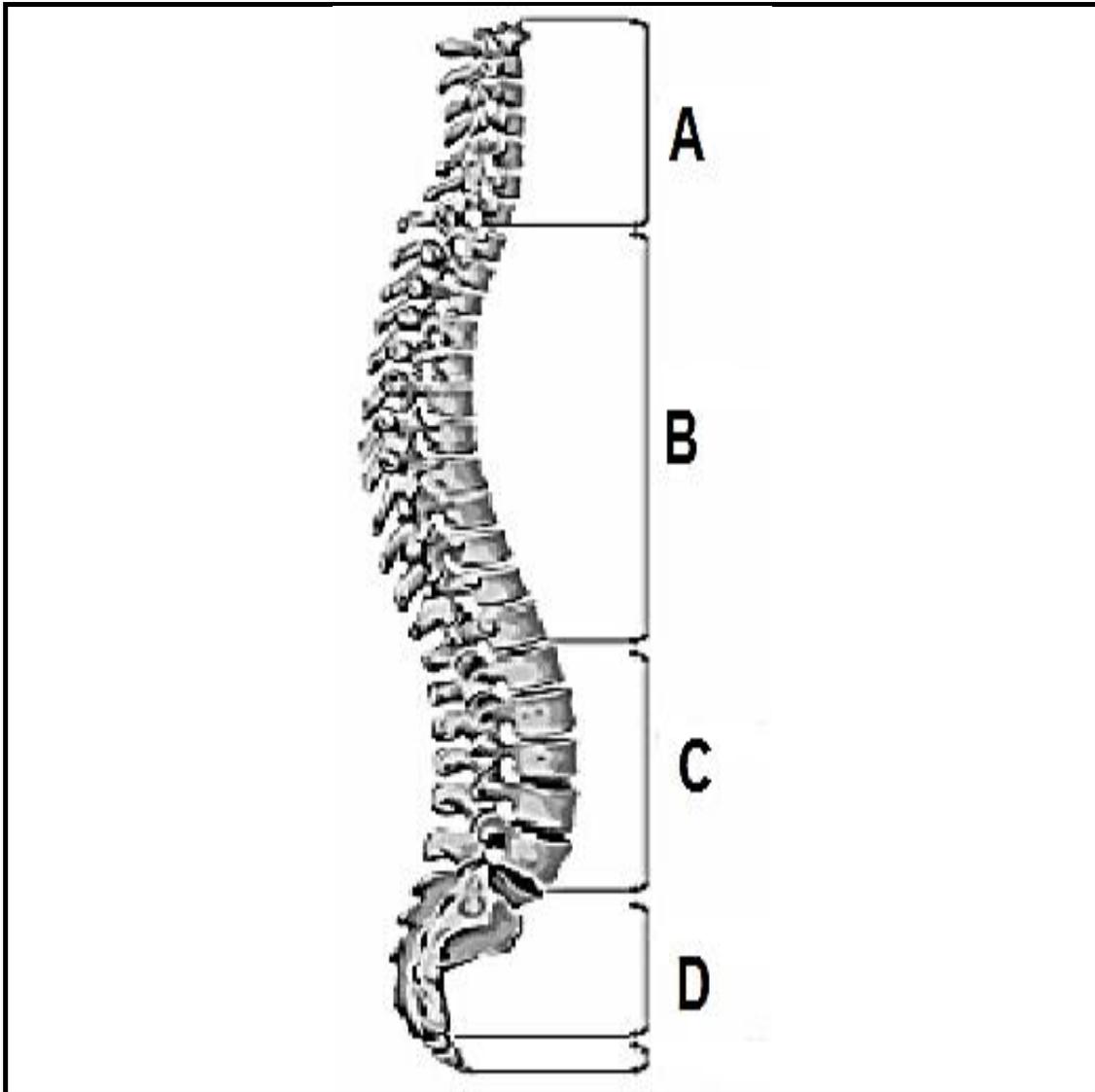
QUESTION 2 (CHOICE QUESTION): ANATOMICAL ACTIONS/MUSCLES

- 2.1 Give the anatomical term for the following:
- 2.1.1 To close a joint or decrease the angle between two bones (1)
- 2.1.2 To open a joint or increase the angle between two bones (1)
- 2.1.3 Movement laterally away from the midline (1)
- 2.1.4 Circular movement in the long axis of the body (1)
- 2.1.5 Pointing the toes (1)
- 2.2 2.2.1 Name the main muscle that help move the head. (1)
- 2.2.2 Name the large muscle whose attachments originate from the base of the skull, neck and thoracic vertebrae and insert into the clavicle. (1)
- 2.2.3 Name the large muscle of the chest which adducts and medially rotates the humerus. (1)
- 2.2.4 Name the muscles that give the calf its round appearance. (1)
- 2.2.5 Name the muscles responsible for trunk flexion, lateral flexion and rotation. These muscles help to keep the posture. (1)
- [10]**

OR

QUESTION 3 (CHOICE QUESTION): SPINE/ANATOMICAL ACTIONS

- 3.1 Name the FOUR regions of the spine indicated in the diagram below. Write only the answer next to A, B, C and D in your ANSWER BOOK.



(4)

- 3.2 Give TWO functions of the spine. (2)
- 3.3 Give THREE anatomical actions of the spine. (3)
- 3.4 How many vertebrae does the spine have? (1)

[10]

QUESTION 4: FLOOR/KNEE ALIGNMENT/PULLED MUSCLE

- 4.1 Explain how the correct dance floor will ensure the safety of dancers. (3)
- 4.2 What is *alignment* and why is the correct alignment of the knees important to a dancer? (3)
- 4.3 Discuss the immediate treatment if somebody has pulled a muscle during a dance class. (4)
- [10]**

QUESTION 5: COMPONENTS OF FITNESS/STRENGTH

- 5.1 Are the statements below TRUE or FALSE? Write the correct answer next to the appropriate number on your ANSWER BOOK.
- 5.1.1 **Strength** is the body's ability to perform over long periods of time. (1)
- 5.1.2 **Core stability** is the capacity to exert a muscle contraction or force against resistance. (1)
- 5.1.3 **Endurance** is the freedom of movement and the absence of restriction in the joints, muscles, tendons and ligaments. (1)
- 5.1.4 **Flexibility** is to maintain balance while moving through space. (1)
- 5.2 What are the benefits of muscle strength to a dancer? (4)
- 5.3 Name ONE exercise that will strengthen the muscles and name the part of the body that is being strengthened. (2)
- [10]**

TOTAL SECTION A: 40

SECTION B: DANCE HISTORY AND LITERACY**QUESTION 6: DANCE FORMS/CULTURAL DANCE**

- 6.1 Name the TWO dance forms that you do in Dance Studies. (2)
- 6.2 Compare and discuss how you would recognise each one of the TWO dance forms given in QUESTION 6.1. (6)
- 6.3 Explain what kind of musical accompaniment is used in cultural dances. (2)
- [10]**

QUESTION 7: INTERNATIONAL DANCE WORKS

You have studied prescribed international choreographers and their dance works in Grade 10 and 11. Answer the following questions on ONE international dance work from the prescribed list below.

- 7.1 Give the name of the choreographer and the dance work you are writing about.
- 7.2 Describe the synopsis/theme of the dance work. (4)
- 7.3 Explain the following production elements used in the dance work:
- 7.3.1 Costume (2)
- 7.3.2 Music (2)
- 7.3.3 Sets and props (2)
- 7.3.4 Lighting (2)
- 7.4 Discuss the choreographer's dance style used in this dance work. (3)
- [15]**

**BELOW IS THE PRESCRIBED LIST OF THE INTERNATIONAL
CHOREOGRAPHERS AND THEIR DANCE WORKS**

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
George Balanchine	<i>Apollo/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>

QUESTION 8: SOUTH AFRICAN CHOREOGRAPHER

Choose ONE SOUTH AFRICAN CHOREOGRAPHER and dance work from the prescribed list below and answer the following questions.

- 8.1 Give the name of the choreographer and dance work. (1)
- 8.2 Where was the choreographer born? (1)
- 8.3 How did he/she become a dancer? (3)
- 8.4 Explain his/her career as a choreographer. (4)
- 8.5 Describe briefly the story/theme of the dance work. (3)
- 8.6 Explain what the choreographer used as inspiration for his/her work. (2)
- 8.7 What is the choreographer's contribution to dance? (2)

[15]

**BELOW IS A PRESCRIBED LIST OF THE SOUTH AFRICAN
CHOREOGRAPHERS AND THEIR DANCE WORKS**

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>

QUESTION 9: MUSIC ELEMENTS/CATEGORIES

- 9.1 What do you call the speed at which music is played? (1)
- 9.2 Name any TWO music genres and give ONE example or a composer for each of the genres. (4)
- 9.3 In which music category does the violin/cello/guitar fall? (1)
- 9.4 In which music category does the trumpet/trombone/tuba fall? (1)
- 9.5 Name ONE percussion instrument. (1)

[8]

QUESTION 10: IMPROVISATION/CAREERS/CHOREOGRAPHIC ELEMENTS

- 10.1 During your improvisation lessons you did “trust movements”. Discuss reasons why trust between dancers is important. (3)
- 10.2 Name a career in dance and give some of the skills needed to do this career successfully. (3)
- 10.3 Name any THREE design elements that should be included in your poster to advertise your production/show. (3)
- 10.4 Explain the following choreographic elements:
- 10.4.1 Locomotor movements (1)
 - 10.4.2 Symmetry (1)
 - 10.4.3 Time (1)
- [12]**

TOTAL SECTION B: 60
GRAND TOTAL: 100

