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basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

SENIOR CERTIFICATE EXAMINATIONS/ NATIONAL SENIOR CERTIFICATE EXAMINATIONS

DANCE STUDIES

2021

MARKS: 100

TIME: 3 hours

This question paper consists of 11 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO sections with NINE questions in total. Answer only EIGHT questions as follows:

SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE (40 marks)

- Answer FOUR of the five questions in this section.
- You have a choice between QUESTION 3 and QUESTION 4. If you answer both questions, only the FIRST answer will be marked.

SECTION B: DANCE HISTORY AND LITERACY (60 marks)

- Answer ALL the questions in this section.
- You have a choice between QUESTION 7.3(a) and QUESTION 7.3(b). Answer only ONE of the questions.

2. Number the answers correctly according to the numbering system used in this question paper.
3. Read each question carefully and take note of what is asked.
4. If you are asked to explain/elaborate/describe/analyse/evaluate/compare, etc., write your answer in full sentences. 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:
 - Write in one language only
 - 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.

SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE**QUESTION 1: DANCE INJURIES (COMPULSORY)**

- 1.1 Name ONE injury that could occur in a dancer's knee joint. (1)
- 1.2 Choose ONE of the letters in R I C E. Explain this letter and why it is used in the immediate treatment of an injury. (1)
- 1.3 To prevent a knee joint injury in the dance class, explain THREE safe dance practices. (3)
- 1.4 Describe how you could stay physically and mentally active in the dance class while recovering from an injury. (5)
- [10]**

QUESTION 2: COMPONENTS OF FITNESS (COMPULSORY)

- 2.1 Write a definition for EACH of the components of fitness (2.1.1–2.1.3):
- 2.1.1. Core stability (1)
- 2.1.2 Neuromuscular skills (1)
- 2.1.3 Muscular endurance (1)
- 2.2 Give the neuromuscular skill that best matches the definitions below:
- 2.2.1 The ability to move quickly and efficiently (1)
- 2.2.2 The ability to respond to changing circumstances (1)
- 2.3 Explain FIVE ways in which a dancer could improve his/her cardiovascular endurance/fitness. (5)
- 2.4 Analyse which components of fitness the dancer in the photograph below is using to achieve this position.



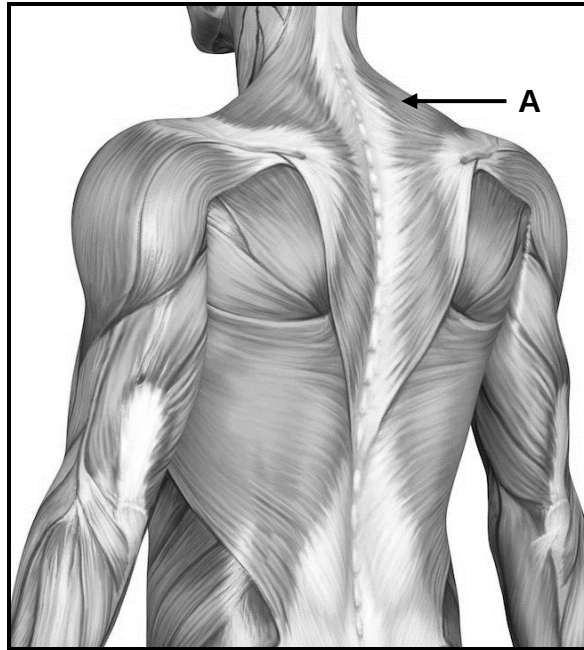
[Source: www.peddecordphoto.com]

(5)
[15]

NOTE: You have a choice between QUESTION 3 and QUESTION 4.
Answer only ONE of these questions.

QUESTION 3: MUSCLES AND ANATOMICAL ACTIONS (CHOICE)

3.1 Study the photograph below and answer the questions that follow.



[Source: www.stack.com]

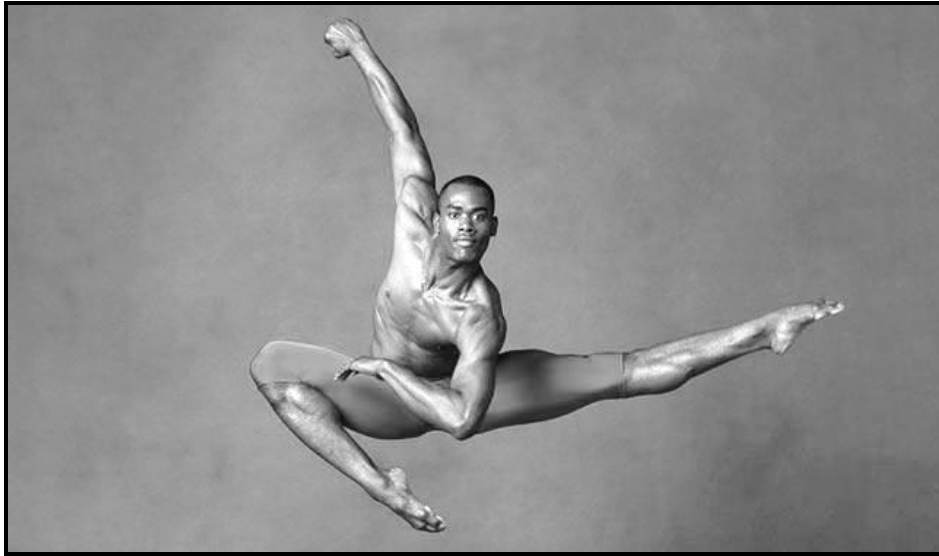
3.1.1 Identify muscle **A**. (1)

3.1.2 Describe TWO ways muscle **A** could assist a dancer to maintain good posture and alignment in the dance class. (2)

3.2 Study the table below. Give an example of a dance movement (3.2.1–3.2.3).

ANATOMICAL ACTION	DESCRIPTION OF MOVEMENT	EXAMPLE OF A DANCE MOVEMENT
Flexion	Decreasing the angle of a knee joint	3.2.1 (1)
Rotation	A movement involving rotation	3.2.2 (1)
Abduction	Movement away from the midline of the body	3.2.3 (1)

3.3 Study the photograph below and answer the following questions.



[Source: www.dailynebraskan.com]

- 3.3.1 Give TWO anatomical actions occurring in the dancer's torso. (2)
- 3.3.2 Identify the main muscle group responsible for the anatomical action in the dancer's right knee joint. (1)
- 3.3.3 Name the main muscle group responsible for the anatomical action in the dancer's left knee joint. (1)
- [10]**

OR

QUESTION 4: GENERAL HEALTH CARE (CHOICE)

- 4.1 Indicate whether the following statements are TRUE or FALSE. Write 'true' or 'false' next to the question numbers (4.1.1 to 4.1.3) in the ANSWER BOOK. Give a reason if the answer is FALSE.
- 4.1.1 Proteins are essential for the repair of injured muscles. (1)
- 4.1.2 A dancer's main source of energy should come from energy drinks or energy bars. (1)
- 4.1.3 Dehydration has no effect on a dancer's ability to concentrate during class. (1)
- 4.2 Explain why it is important to learn relaxation techniques. (3)
- 4.3 Analyse how a healthy lifestyle can benefit a dancer's performance. (4)
- [10]**

QUESTION 5: DANCE PERFORMANCE (COMPULSORY)

Name your dance major. Explain the correct technique used in your dance major to perform a turn. **[5]**

TOTAL SECTION A: 40

SECTION B: DANCE HISTORY AND LITERACY**QUESTION 6: IMPROVISATION AND CHOREOGRAPHY (COMPULSORY)**

- 6.1 Give ONE word for each of the following descriptions by choosing a word from the list below. Write only the word next to the question numbers (6.1.1 to 6.1.5) in the ANSWER BOOK.

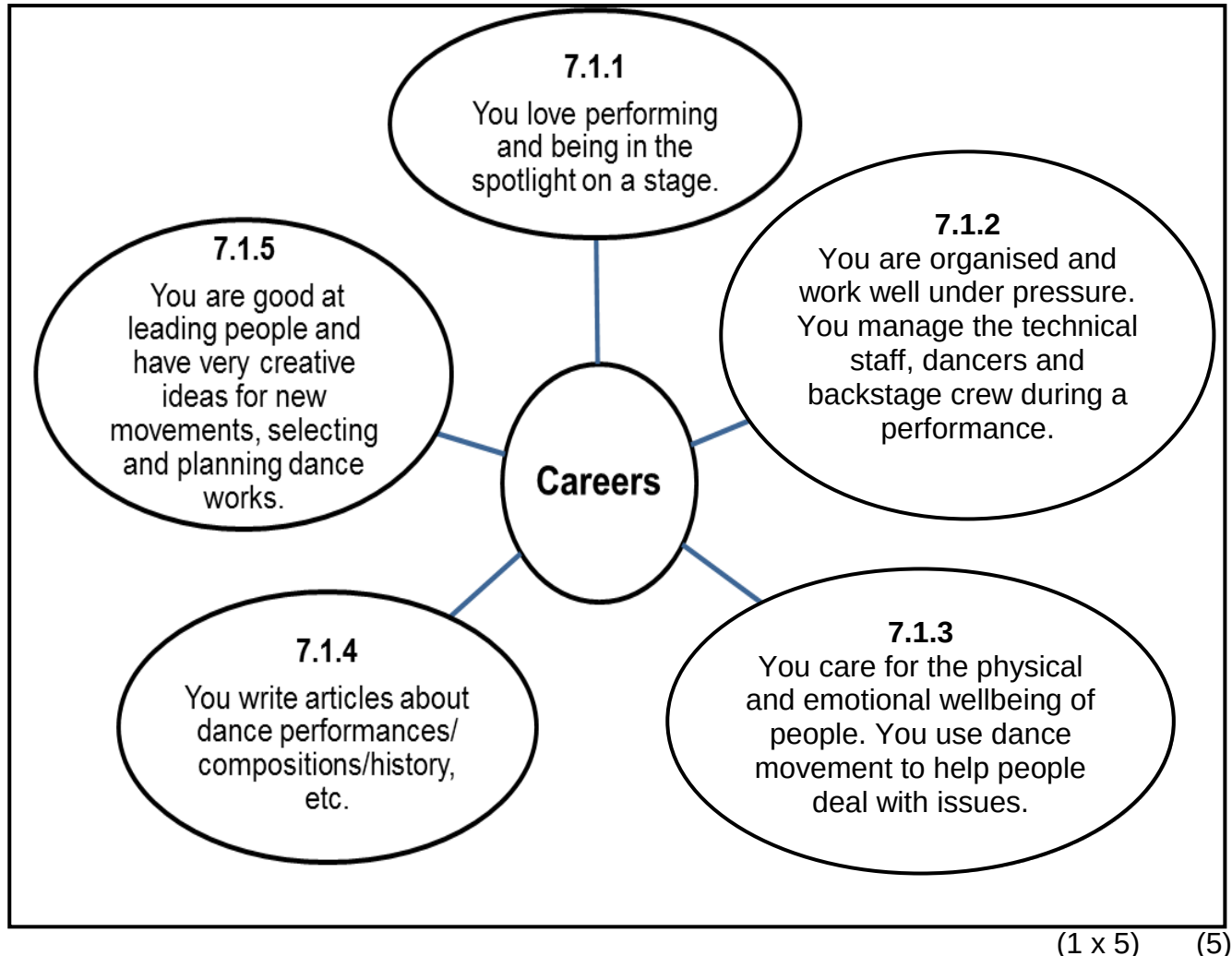
symmetry;	duration;	asymmetry;	force;	motif;
levels;	gesture;	direction;	tempo	

- 6.1.1 How long a phrase or movement lasts (1)
- 6.1.2 A shape made by a dancer's body that is identical on the right and left sides of the body (1)
- 6.1.3 The different heights at which a dancer can move to create interest (1)
- 6.1.4 The amount of energy used while moving (1)
- 6.1.5 Using an everyday movement to communicate an idea, a meaning or an emotion (1)
- 6.2 Give THREE detailed tips to consider when doing partner work in contact improvisation. (3)
- 6.3 Explain THREE benefits of improvisation in dance. (3)
- 6.4 In your opinion, explain how technology has influenced the dance industry. (4)

[15]

QUESTION 7: HISTORY OF DANCE MAJOR (COMPULSORY)

- 7.1 The statements below describe the skills needed in some careers in the dance industry. Give the name of the career that best suits EACH statement.



- 7.2 Select TWO dance genres of which ONE must be African dance.

Name the TWO dance genres you have chosen.

Compare the recognisable characteristics below. Fully explain EACH characteristic.

- | | | |
|-------|-----------------------|-----|
| 7.2.1 | Music/Accompaniment | (2) |
| 7.2.2 | Costumes/Attire | (2) |
| 7.2.3 | Gender-specific roles | (2) |

NOTE: You have a choice between QUESTION 7.3(a) and QUESTION 7.3(b).
Answer only ONE of these questions.

7.3 (a) Your local gym wants to introduce dance classes.

Write a short motivation on how clients will benefit from taking dance classes at the gym.

(4)

OR

(b) In a dance performance, explain how dance and music complement each other.

(4)
[15]

QUESTION 8: PRESCRIBED CHOREOGRAPHER (COMPULSORY)

Choose ONE of the choreographers that you have studied from the prescribed list below.

Write an ARTICLE for an arts magazine about the life story of the choreographer you have studied. Include the following:

- The name of the choreographer you have chosen
- Write in article format
- Interesting facts about the choreographer's life story
- Contributions to the dance industry and/or society

[10]

SOUTH AFRICAN CHOREOGRAPHERS	DANCE WORKS
Alfred Hinkel	<i>Bolero – Last Dance OR Rain in a Dead Man's Footprint OR Cargo</i>
Gregory Maqoma	<i>Four Seasons OR Beauty Trilogy OR Skeleton Dry OR Somehow Delightful</i>
Sylvia Glasser	<i>Tranceformations</i>
Veronica Paeper	<i>Orpheus in the Underworld OR Carmen</i>
Vincent Mantsoe	<i>Gula Matari</i>
Dada Masilo	<i>Swan Lake OR Romeo and Juliet</i>
Gary Gordon	<i>Bessie's Head</i>
Mavis Becker	<i>Flamenco de Africa</i>
Hazel Acosta	<i>Blood Wedding</i>
Carolyn Holden	<i>Imagenes</i>

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
Alvin Ailey	<i>Revelations</i>
Martha Graham	<i>Lamentations OR Errand into the Maze</i>
George Balanchine	<i>Apollo OR Jewels</i>
Christopher Bruce	<i>Ghost Dances OR Rooster</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>
Mats Ek	<i>Giselle OR Swan Lake OR Carmen</i>
Rudi van Dantzig	<i>Four Last Songs</i>
Jiri Kylián	<i>Wings of Wax OR Stamping Ground</i>

QUESTION 9: PRESCRIBED DANCE WORK (COMPULSORY)

Choose ONE dance work you have studied from the prescribed list on page 10.

Write an ESSAY and include the following:

- The name of the dance work you have chosen
- Write in essay format
- Synopsis/Theme/Inspiration for the dance work
- Music/Accompaniment used
- Symbolism/Intent used in the dance work
- Give a critical analysis of how the choreographer gave meaning to the movement in the dance work

[20]

TOTAL SECTION B:	60
GRAND TOTAL:	100