



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

**NATIONAL
SENIOR CERTIFICATE**

GRADE 12

DNCE.1

DANCE STUDIES

NOVEMBER 2014

MARKS: 100

TIME: 3 hours

This question paper consists of 9 pages.

AFTERNOON SESSION



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 FIVE questions. (QUESTION 1 to 5)
Note that you have a choice between QUESTION 4 and QUESTION 5 in this section. If you answer both questions, only the first question answered will be marked.

SECTION B: Consists of SIX questions. (QUESTION 6 to 11)
Note that you have a choice between QUESTION 9 and QUESTION 10 in this section. 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. Answer in full sentences except where one-word answers are 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 and Health Care (Choice between QUESTIONS 4 and 5)	1	10	60
	2	6	
	3	11	
	4	13	
	5	13	
B: Dance History and Literacy (Choice between QUESTIONS 9 and 10)	6	5	120
	7	10	
	8	12	
	9	18	
	10	18	
	11	15	
TOTAL		100	180



SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE**QUESTION 1: NUTRITION/HYDRATION AND STEREOTYPING/PEER PRESSURE**

- 1.1 State TWO healthy ways by which dancers can increase their energy output. Explain how these would boost a dancer's energy levels. (2)
- 1.2 Give TWO reasons why dancers need more hydration than the average person during rehearsals and training. Support your answer with detailed explanations. (2)
- 1.3 Give TWO examples of how stereotyping in the dance class can be damaging. Substantiate your answer. (2)
- 1.4 Peer pressure is not always a bad thing. Explain this statement and substantiate your answer with examples. (4)
- [10]**

QUESTION 2: CORE STABILITY

- 2.1 Define the term *core stability* clearly. (2)
- 2.2 Predict how a lack of core stability in the dance class could lead to poor performance levels and injuries. Give FOUR examples and clearly explain each example. (4)
- [6]**

QUESTION 3: INJURIES, STRESS AND TENSION

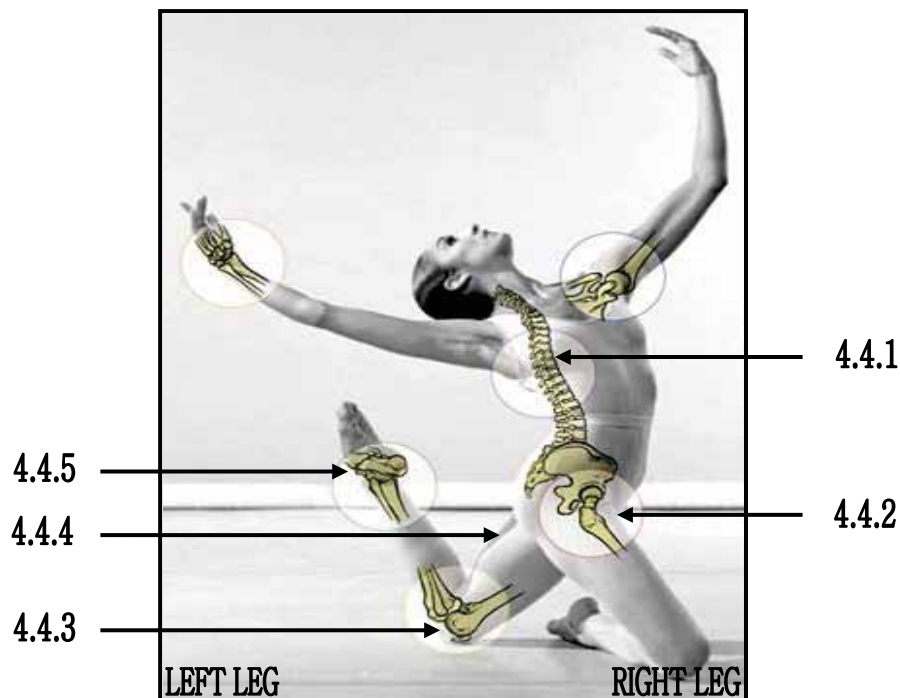
- 3.1 Describe in detail FIVE main causes of a sprained ankle or knee in the dance class. Do NOT include poor floors in your answer. (5)
- 3.2 What are the recognisable symptoms of a sprain? List FOUR symptoms. (4 x ½) (2)
- 3.3 One of your fellow dancers is showing the following signs:
- Moody, irritable and unhappy
 - Constantly worrying
 - Unrealistic expectations
 - Muscle tension/stiffness and cramps
- State FOUR ways in which this dancer can manage his/her stress levels. Support your answer with relevant reasons. (4)
- [11]**



NOTE: You have a choice between **QUESTION 4** and **QUESTION 5**. Answer only **ONE** of these questions.

QUESTION 4: JOINTS, MUSCLES AND ANATOMICAL ACTIONS

- 4.1 Clearly define the term *synovial joint*. (1)
- 4.2 List FOUR different types of synovial joints in the body. (4 x ½) (2)
- 4.3 4.3.1 Name TWO muscles in the anterior of the torso that are involved in lateral flexion of the spine. (2 x ½) (1)
- 4.3.2 Name TWO muscles responsible for horizontal adduction of the arm. (2 x ½) (1)
- 4.4 Use the photograph below to answer the questions that follow.



[Source: *Treating Dance Injuries of the Foot & Ankle with Solomon's Seal ...*, solomonsseal.wordpress.com]

- 4.4.1 Name the anatomical action that occurs in the spine of the dancer above. Name ONE main muscle responsible for this action. (2 x ½) (1)
- 4.4.2 Name the TWO anatomical actions occurring in the right hip of the dancer above. Name ONE main muscle/muscle group responsible for each action. (4)
- 4.4.3 Name this type of joint (4.4.3 in the photograph) and ONE anatomical action possible in this joint. (2 x ½) (1)



- 4.4.4 What anatomical action is occurring in the left hip of the dancer in the photograph? Name ONE major muscle responsible for this action. (2 x ½) (1)
- 4.4.5 What anatomical action is occurring in the ankle of the dancer in the photograph? Name ONE major muscle responsible for this action. (2 x ½) (1)
- [13]**

OR

QUESTION 5: FUNCTIONS AND SAFE USE OF THE SPINE, SAFE STRETCHING

- 5.1 List FOUR main functions of the spine. (4)
- 5.2 How can a dancer prevent an injury to the spine during a dance class, rehearsals or dance performance? Give FOUR specific examples with clear explanations of each. (4)
- 5.3 Dancers need an in-depth knowledge of how to develop flexibility. Explain how a dancer should stretch safely. Give FIVE clearly explained examples. (5)
- [13]**

TOTAL SECTION A: 40



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

You have to organise a production to showcase your choreography.

Draw up FIVE innovative marketing strategies to promote your production.

[5]**QUESTION 7: DANCE FORMS AND FUNCTIONS**

During your studies from Grades 10 to 12 you researched and performed dances from your dance major and indigenous/cross-cultural dances.

7.1 Give a clear definition of THREE of the following dance forms and explain their functions within society:

- Traditional dance
- Indigenous dance
- Social dance
- Concert dance

(6)

7.2 In the past, South African indigenous dances were performed primarily within communities/tribal settings as part of everyday life and for special occasions. How has this changed in recent times? Give FOUR clearly explained examples.

(4)
[10]**QUESTION 8: DANCE PRINCIPLES AND CHARACTERISTICS**

8.1 Different dance forms have different characteristics and principles. What is the difference between the *characteristics of a dance form* and the *principles of a dance form*?

(2)

8.2 Outline FOUR *principles* and FOUR *characteristics* of your dance major.

(8 x ½)**(4)**

8.3 You have studied a dance form other than your dance major during your PATs. Outline FOUR *principles* and FOUR *characteristics* of this second dance form you have studied.

(8 x ½)**(4)**

8.4 What have you gained from learning an indigenous/cross-cultural dance?

(2)
[12]

NOTE: You have a choice between **QUESTION 9** and **QUESTION 10**. Answer only **ONE** of these questions.

QUESTION 9: REVELATIONS BY ALVIN AILEY

Write an **ARTICLE** for a dance journal on *Revelations* and include the following information in any order:

- TWO of Alvin Ailey's background influences that are reflected in *Revelations*
- The main theme in EACH of the THREE sections of this dance work
- FOUR specific examples of movements used and their symbolic meaning from the FIRST section
- TWO specific examples showing how the costumes and props used in the SECOND section add to the symbolic meaning of this section
- Describe and give examples of the use of the cyclorama and lighting from the THREE sections
- Describe the music and how it contributed to conveying the message of this dance work

Marks will be awarded for writing in the correct format for an article.

Plan your article carefully before you write your final answer. Cross out any work that should NOT be marked.

[18]

OR



QUESTION 10: INTERNATIONAL DANCE WORKS

Choose ONE of the international dance works listed below and answer the question that follows.

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

Write a REVIEW for a dance magazine on the dance work you have selected. Name the dance work you have chosen.

Your review should inform the reader of the following important aspects:

- State FIVE informative facts about the synopsis/intent/theme of the dance work.
- Describe THREE production elements used in this work in detail.
- Name FIVE important choreographic elements used in the movement vocabulary.
- Comment on the significance of the work and support your answer using relevant evidence from the dance work.

Marks will be awarded for writing in the correct format for a review.

Plan your review carefully before you write your final answer. Cross out any work that should NOT be marked.

[18]



QUESTION 11: CHOREOGRAPHERS

From the list below, select ONE South African choreographer to invite to your school.

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

Write a SPEECH to introduce him/her to the audience. Give the following information:

- 11.1 Introduce the selected choreographer to the learners and talk about his/her background and training. (5)
- 11.2 Trace his/her professional career and discuss the influences and inspirations that have shaped it. (5)
- 11.3 What has this choreographer done to contribute to the development of dance in South Africa? (5)
- [15]**

TOTAL SECTION B: 60
GRAND TOTAL: 100

