

## DANS HG VRAESTEL 2

### AFDELING A

Hierdie afdeling het die kandidate se kennis oor spierstruktuur en identifisering van spiere getoets. Oor die algemeen is Vrae 1.4 & 1.5 die twee vrae wat kandidate gekniehalter het.

V 1.4 (skouergordel) het baie kandidate verkeerdelik die onderste ledemaat se spiere benoem of nie die vraag beantwoord nie of die Triceps spier is verwar met die Biceps. In V 1.5 is die spiere nie benoem nie en kandidate het die posterior aansig met die anterior verwar – bv. die Trapeziusspier is op die anterior diagram geteken, ens.

### AFDELING B

Geen noemenswaardige knelpunte in Vraag 2 & 3 nie. Hierdie vrae is oor die algemeen goed beantwoord en die vraag oor oorsake van beserings het 'n hele aantal innoverende artikels die lig laat sien.

In vraag 5 kon sommige kandidate nie die Adduktorspier identifiseer nie. Vraag 5.3 was teleurstellend en kandidate het dit moeilik gevind om te reflekteer op eie ondervindinge in die dansklas hoe om rug- en maagspiere te versterk.

Ek sou graag aanbeveel dat leerders aangemoedig word om in hulle joernale of refleksiëblaaië optekeninge te doen hoe om stamina en krag te ontwikkel en ander anatomiese kennis in die dansklas toe te pas.

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## DANCE HG PAPER 2

### SECTION A

This section tested the candidate's knowledge of muscle structure and identification of muscles.

Question 1.4 & 1.5 were the two questions where candidates did not fair so well.

Q 1.4 (shoulder girdle) – candidates confused diagram 4 with the lower limb or labeled the Triceps muscle as the Biceps, some candidates did not attempt answering this question.

Q 1.5 – the muscles drawn were not labeled and candidates confused the anterior view with the posterior e.g. the Trapezius muscle were drawn on the anterior diagram of the skeleton, etc.

### SECTION B

Nothing worth mentioning in Question 2 & 3. These two questions were generally well answered and some very innovative articles were written on causes of injuries.

Question 5 seems to be another problem area. Some of the candidates could not identify the Adductor muscle. Q 5.3 was disappointing and learners did not reflect well on own experiences in the dance class and how to strengthen stomach – and back muscles.

I would like to suggest to educators to encourage learners to note in their journals or use reflection sheets how to develop strength and stamina and also how to apply their anatomical knowledge in the dance class.