

DANS SG VRAESTEL 2

AFDELING A

Hierdie afdeling het die kandidate se kennis oor spierstruktuur en identifisering van spiere getoets. Oor die algemeen is vraag 1.3, 1.4 & 1.5 die drie vrae wat kandidate gekniehalter het. Vir vraag 1.4 (skouergordel) het baie kandidate verkeerdelik die onderste ledemaat se spiere benoem of nie die vraag beantwoord nie of die triseps spier is verwar met die biceps. In vraag 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

Daar was geen noemenswaardige knelpunte in vraag 2 nie. Hierdie vraag is oor die algemeen goed beantwoord.

Sommige kandidate kon in vraag 3 nie die hefbome identifiseer nie.

Vraag 4 was uiters teleurstellend. Hier kon kandidate nie verskillende spiervorms teken of voorbeelde daarvan gee nie.

Ek sou graag aanbeveel dat leerders aangemoedig word om in hulle joernale of refleksieblaaie neerskryf hoe om stamina en krag te ontwikkel, beserings te voorkom en die anatomiese kennis wat hulle inwin in die dansklas toepas.

DANCE SG PAPER 2

SECTION A

This section tested the candidates' knowledge of muscle structure and their ability to identify muscles. Question 1.3, 1.4 & 1.5 were three questions where candidates did not fare so well.

Question 1.4 (Shoulder girdle): Candidates confused Diagram 4 with the lower limb or labelled the triceps muscle the biceps. Some candidates did not attempt to answer this question.

Question 1.5: The muscles drawn were not labelled and candidates confused the anterior view with the posterior view, e.g. the trapezius muscle was drawn on the anterior diagram of the skeleton.

SECTION B

Question 2 was generally well answered.

Question 3 seemed to be another problem area. Some of the candidates could not identify the levers.

Question 4 was disappointing as candidates could not draw or give examples of the different muscle shapes.

I would like to suggest that educators encourage learners to make notes in their journals or reflection sheets on how to develop strength and stamina and how to prevent injuries. Learners should learn to apply their knowledge of anatomy in the dance class.