



Province of the
EASTERN CAPE
EDUCATION

NATIONAL SENIOR CERTIFICATE

GRADE 12

SEPTEMBER 2015

DANCE STUDIES

MARKS: 100

TIME: 3 hours



This question paper consists of 9 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of ELEVEN 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 SIX questions.
Note that you have a choice between QUESTION 7 and QUESTION 8 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.
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 <i>(Choice between QUESTIONS 2 and 3)</i>	1	12	60
		2	8	
		3	8	
		4	10	
		5	10	
B:	Dance History and Literacy <i>(Choice between QUESTIONS 7 and 8)</i>	6	10	120
		7	15	
		8	15	
		9	10	
		10	15	
		11	10	
		TOTAL	100	180

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

- 1.1 Explain why it is important to warm up the body before a dance class. (3)
- 1.2 Cooling down at the end of a class is important. Discuss what should be done during the cool down period. (3)
- 1.3 Explain the basic treatment that can be used for most dance injuries. (3)
- 1.4 Give some of the major complications a dancer will be faced with following an injury. (3)

[12]

**YOU HAVE A CHOICE BETWEEN QUESTION 2 AND QUESTION 3.
ANSWER ONLY ONE QUESTION.**

**QUESTION 2: (CHOICE QUESTION)
COMMITMENT/CONCENTRATION/MENTAL HEALTH**

- 2.1 Answer the following questions on COMMITMENT to dance:
- 2.1.1 How can you improve your commitment to daily dance practice? (1)
- 2.1.2 How can you improve your commitment to others in the dance class? (1)
- 2.1.3 How can you improve your commitment to dance movement? (1)
- 2.2 Explain the effects of poor concentration in the dance class. (3)
- 2.3 Give ideas to a learner on how to cope if he/she is depressed and negative about their dancing. (2)

[8]**OR**

QUESTION 3: (CHOICE QUESTION)
MUSCLES/ANATOMICAL ACTIONS

- 3.1 Which muscle/muscle group is responsible for the following:
- 3.1.1 FOUR muscles that all cross the knee joint and act as knee extensors (1)
 - 3.1.2 Flexion of the knee and plantar flexion of the foot (1)
 - 3.1.3 Extending the hip against gravity; laterally rotates the femur during extension and abducts the femur (1)
 - 3.1.4 A group of muscles that extend the hip and flexes the knee (1)
- 3.2 Study the picture below and answer the following questions.



[Source: www.dance4america.com/id26 – Photo by Rachel Howard]

Name the following:

- 3.2.1 The anatomical action of the man's left shoulder (1)
 - 3.2.2 The anatomical action of the man's right hip (1)
 - 3.2.3 The anatomical action of the girl's neck (1)
 - 3.2.4 The anatomical action of the girl's right hip (1)
- [8]**

QUESTION 4: COMPONENTS OF FITNESS

Choose ONE of the components of fitness below and answer the following questions:

- Strength
- Flexibility
- Endurance
- Core stability

- 4.1 Give a definition of the component that you have chosen. (2)
- 4.2 Explain the benefits of the chosen component to a dancer. (3)
- 4.3 Give THREE examples of how to develop this component in the dance class. (3)
- 4.4 Give TWO exercises that you could do to develop this component. (2)
- [10]**

QUESTION 5: POSTURE/DIET/HYDRATION/EATING DISORDER

- 5.1 Explain to a new dance learner how to maintain a good posture in the dance class. (3)
- 5.2 Name the kinds of foods that should be included in your diet that will decrease inflammation and help you stay healthy. (2)
- 5.3 Explain the need for additional hydration for dancers and the consequences of dehydration. (2)
- 5.4 In your opinion, why can dancers be prone to eating disorders? Give THREE clear reasons. (3)
- [10]**

TOTAL SECTION A: 40

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

Name the TWO dance forms that you have done in Dance Studies and answer the questions below.

- 6.1 Explain why the one is a cultural dance form and the other a theatrical dance form. (2)
- 6.2 How would you recognise each one of the dance forms? (6)
- 6.3 How do you think indigenous African dance has influenced the South African industry? (2)
- [10]**

**YOU HAVE A CHOICE BETWEEN QUESTION 7 AND 8.
ANSWER ONLY ONE QUESTION.**

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

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
George Balanchine	<i>Appollo/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 7: (CHOICE QUESTION) INTERNATIONAL DANCE WORKS

You have studied International dance works from the prescribed list above; Grades 10–12. Choose ONE of the dance works and provide the following information:

- 7.1 The name of the choreographer and the dance work
 - 7.2 A description of the synopsis/theme of the dance work (4)
 - 7.3 Elaborate on the following production elements:
 - 7.3.1 Costume (2)
 - 7.3.2 Music (2)
 - 7.3.3 Sets and lighting (2)
 - 7.4 An explanation of the symbolism used in this dance work (3)
 - 7.5 As a South African dance student, why do you think it is important to learn about international dance history? (2)
- [15]**

OR

QUESTION 8: (CHOICE QUESTION) INTERNATIONAL DANCE WORKS

Answer the following questions from the recommended International choreographer, Alvin Ailey and his dance work, *Revelations*.

- 8.1 Where does the title of this dance work come from? (1)
 - 8.2 *Revelations* is divided into THREE sections. Name and explain each section. (6)
 - 8.3 Give an explanation of the costumes used in each section. (3)
 - 8.4 Explain how the music enhances the dance work. (3)
 - 8.5 What was the significance of the sets and props used? (2)
- [15]**

QUESTION 9: CAREERS

A choreographer, dance teacher, professional dancer are some of the careers in dance. Choose ONE of these careers and answer the following questions:

- 9.1 Give a description of the job/career. (2)
- 9.2 What are the skills and experience needed to do this job? (3)
- 9.3 Give the tertiary qualifications needed for this job. (2)
- 9.4 In your opinion, what skills, attitudes and values did the subject Dance Studies teach you? (3)

[10]

**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>Four Season/</i>

QUESTION 10: SOUTH AFRICAN CHOREOGRAPHER

Write a BIOGRAPHY for a magazine on the prescribed South African choreographer that you have studied. Do not use numbering, but headings may be used. Include the following:

- 10.1 A title naming the choreographer you are writing about
 - 10.2 Where was the choreographer born (1)
 - 10.3 The choreographer's dance training (4)
 - 10.4 Who and what influenced the choreographer's style of work (3)
 - 10.5 The dance style of the choreographer (4)
 - 10.6 What is the choreographer's contribution to dance in South Africa (3)
- [15]**

QUESTION 11: CHOREOGRAPHY/PRODUCTION

- 11.1 Suggest a role that you would like to play in the school's upcoming production and give a definition of the role. (2)
 - 11.2 Give ONE marketing strategy that can be used to persuade an audience to come to the production. (2)
 - 11.3 Explain what should be included in the compositional structure of your dance work to a friend in class. (4)
 - 11.4 How does writing in your journal help your choreography process? (2)
- [10]**

TOTAL SECTION B: 60
GRAND TOTAL: 100