

POSSIBLE ANSWERS FOR:

DANCE SG (Second Paper A) 609- 2/2

MARKS: 45

NOTE: Each fact should count half a mark.

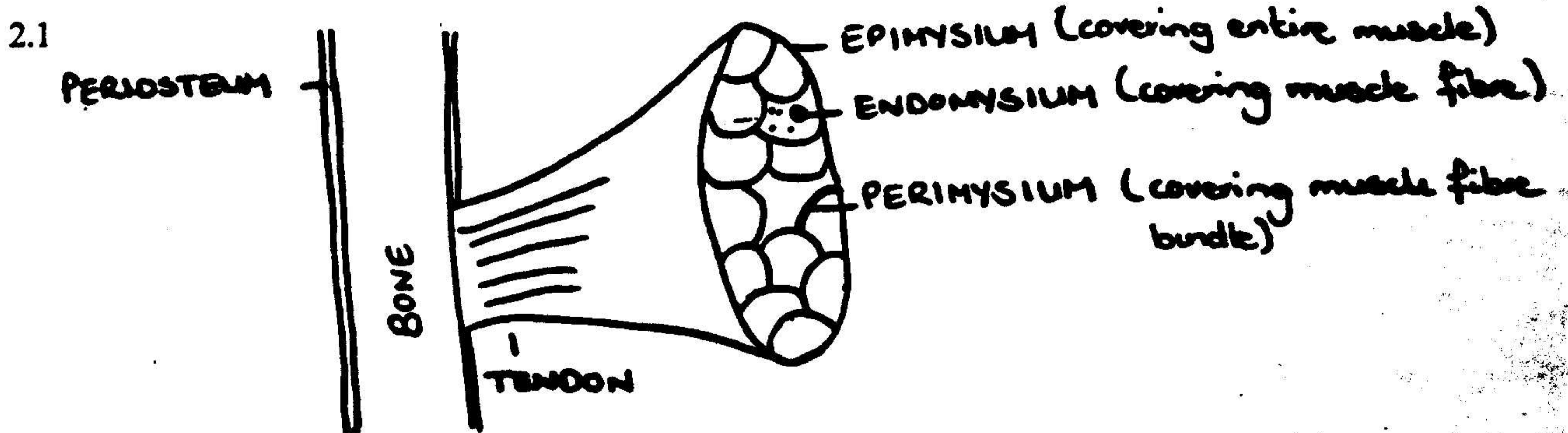
SECTION A : ANATOMY

QUESTION 1

- 1.1 The point of muscle attachment that is more fixed. (0.5 x 2 = 1)
- 1.2 A muscle that aides/helps the main muscle to perform an action. (0.5 x 2 = 1)
- 1.3 A muscle that opposes or does the opposite action to the agonist. (0.5 x 2 = 1)
- 1.4 The main muscle to perform an action. (0.5 x 2 = 1)
- 1.5 A muscle that holds/stabilizes one part of the body while another part moves. (0.5 x 2 = 1)

[5]

QUESTION 2



- 2.2 Warming up stimulates the production of synovial fluid in the joints (0.5), it promotes awareness between the brain and the muscles (0.5), it prevents injuries (0.5) by warming up the muscles for the demands to be put on it(0.5). Cooling down allows the heart rate to come down to circulate the blood at a lower speed (0.5) and reduce the pooling effect which is experienced as dizziness (0.5), it serves as a form of relaxation (0.5).

(Any 6 facts)

(0.5 x 6 = 3)

- 2.3 A Trunk: Stabilisation is maintained by the interaction between the flexors (0.5) which are the abdominals (0.5) and the extensors (0.5) erector spinae (0.5). (0.5 x 4 = 2)
- B Pelvis: Stabilisation is maintained by the interaction between the flexors (0.5), which are the iliopsoas muscles (0.5) and the extensors (0.5), which are the gluteals (0.5). (0.5 x 4 = 2)

- 2.3 C **Knee:** Stabilisation is maintained by the interaction between the flexors (0.5), which are the hamstrings (0.5), and the extensors (0.5), which are the quadriceps (0.5). They can also say medial and lateral ligaments (0.5 each) (0.5 x 4 = 2) [12]

QUESTION 3

- 3.1 1: Anterior fibres draw the arm forwards and horizontally across the body (0.5).
Posterior fibres draw the arm backwards (0.5).
Entire muscle abducts the arm (0.5).
2: Flexion of the arm (0.5).
Adduction (0.5).
Medial rotation (0.5).
3: Flexion of the trunk (0.5). (0.5 x 7 = 3.5)
- 3.2 Name: Sartorius (0.5).
Origin: Front of the hip bone (0.5).
Insertion: Medial surface (0.5) of the upper end of the tibia (0.5). (0.5 x 4 = 2)
- 3.3 1: Lateral surface (0.5) of the humerus (0.5).
3: Last 3 costal cartilages (0.5), and the xiphoid process (0.5). (0.5 x 4 = 2)
- 3.4 Name: Rectus Femoris (0.5).
Action: Flexes the hip joint (0.5) and extends the knee joint (0.5).
Origin: 2 heads, straight head from the anterior hip bone (0.5), second head from the side of the hip joint (0.5). (0.5 x 5 = 2.5) [10]

QUESTION 4

- 4.1 Rest (0.5), Ice (0.5), Compression (0.5), Elevation (0.5). (0.5 x 4 = 2)
- 4.2 Decrease in cardio-respiratory fitness (0.5)
Increase in general body weight (0.5)
Psychological effects (0.5)
Generalised muscle wasting (0.5). (Any 2 facts) (0.5 x 2 = 1) [3]

TOTAL OF SECTION A : 30

SECTION B : HEALTH CARE

QUESTION 5

- 5.1 External weights (0.5)
Body weight / gravity (0.5)

- 5.1 Levels (0.5)
 Speed (0.5)
 Duration (0.5)
 Repitition (0.5) (Any 5 facts) (1 x 5 = 5)
- 5.2 Improves performance (0.5).
 Increases range of motion (0.5).
 Reduces muscle tension and acts as transition to resting (0.5).
 Prevents injury (0.5).
 Improves body awareness (0.5).
 Promotes circulation and removal of waste products (0.5).
 Improves reaction time (0.5). (Any 4 facts) (1 x 4 = 4)
- 5.3 Resistance to fatigue, therefore concentration is longer and injuries are prevented.
 Increase in lung capacity, therefore better breathe control and increase in dance dynamics.
 Weight/mass loss.
 More efficient heart muscle.
 Feeling of well-being as a result of endorphins.
 Decrease in size. (1 x 5 = 5)
- 5.4 To circulate the blood at a slower rate, therefore eliminating the effect of "pooling" which is accompanied by dizziness as a result of lack of oxygen to the brain. (0.5 x 2 = 1)

[15]

TOTAL OF SECTION B : 15

TOTAL OF PAPER : 45