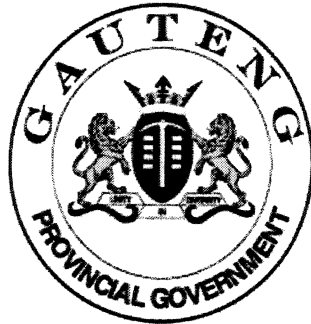


**SENIOR CERTIFICATE  
EXAMINATION  
SENIORSERTIFIKAAT-EKSAMEN**



**OCTOBER / NOVEMBER  
OKTOBER / NOVEMBER**

**2004**

**DANCE**

**DANS**

**(Second Paper)  
(Tweede Vraestel)**

**HG**

**609-1/2**

**5 pages  
5 bladsye**

DANCE HG: Paper 2  
Health Care and Anatomy



609 1 2

HG

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GAUTENGSE DEPARTEMENT VAN ONDERWYS  
SENIORSERTIFIKAAT-EKSAMEN

DANS HG  
(Tweede Vraestel: Gesondheidsorg en  
Anatomie)

TYD: 2 uur

PUNTE: 60

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**INSTRUKSIES:**

- Leerders mag tydens die eksamensessie opstaan en beweeg om die praktiese aspekte van die vrae toe te pas.
  - Beantwoord AL die vrae.
  - LET WEL: Elke feit tel 'n halfpunt.
- 
- 

**AFDELING A  
ANATOMIE**

**VRAAG 1**

- 1.1 Die (a) **agonis** vir heupekstensie is die *hamstring*-spiergroep; die *adductor magnus* is 'n (b) **sinergis** vir hierdie beweging. Die (c) **antagonis** van die *hamstrings* in heupekstensie is die *iliopsoas* wat in die kleiner troganter van die femur (d) **inplant**.

Gee definisies vir die VIER vetgedrukte woorde hierbo.

1x4=(4)

- 1.2 Om die verskillende tipes spiersametrekkings beter aan jou klas dans-studente-onderwysers te verduidelik demonstreer jy 'n paar basiese dansbewegings. Gee vir elk van die volgende dansbewegings die tipe spiersametrekking, asook 'n kort definisie van die spiersametrekking wat deur die spesifieke spiere uitgevoer word.

1.2.1 Die *soleus*-spier tydens 'n basiese opwaartse beweging

1x2=(2)

1.2.2 Die *erector spinae* tydens 'n voorwaartse buiging

1x2=(2)

1.2.3 Die *iliopsoas* wanneer die been na vore opgelig en daar gehou moet word

1x2=(2)  
[10]

GAUTENG DEPARTMENT OF EDUCATION  
SENIOR CERTIFICATE EXAMINATION

DANCE HG  
(Second Paper: Health Care and  
Anatomy)

TIME: 2 hours

MARKS: 60

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**INSTRUCTIONS:**

- Learners are allowed to stand up and move during the examination session in order to apply practical aspects of questions where relevant.
  - Answer ALL the questions.
  - NOTE: Each fact counts half a mark.
- 
- 

**SECTION A**  
**ANATOMY**

**QUESTION 1**

- 1.1 The (a) **agonist** for hip extension is the hamstring muscle group; a (b) **synergist** for this action is the *adductor magnus*. The (c) **antagonist** of the hamstrings in hip extension is the *iliopsoas* which (d) **inserts** into the lesser trochanter of the femur.

Supply a definition for each of the above FOUR words printed in bold.

1x4=(4)

- 1.2 In order to explain the different types of muscle contraction to your class of student dance teachers in a better way, you demonstrate some basic dance moves. For each of the following dance moves, supply the type and a brief definition of the muscle contraction being performed by the specific muscle mentioned.

1.2.1 The *soleus* muscle during a simple rise.

1x2=(2)

1.2.2 The *erector spinae* during a forward bend.

1x2=(2)

1.2.3 The *iliopsoas* during a sustained leg-lift to the front.

1x2=(2)  
[10]

VRAAG 2



<http://www.matthaber.com/IMAGES/savagejazz14086-18a.jpg>

2004/Mar/11

- 2.1 Watter groot driehoekspier trek saam om die skouergordel te stabiliseer en af te trek? (0.5)
- 2.2 Noem die oorsprong en die inplanting van die agonis wat abduksie van die arms veroorsaak.  $0.5 \times 4 = (2)$
- 2.3 Noem **elke individuele** spier wat saamgetrek het om te veroorsaak dat die gestrekte been se jeuggewrig fleks.  $0.5 \times 6 = (3)$
- 2.4 Noem **elke individuele** spier wat saamgetrek het om die uitgestrekte been se *femur* lateraal te roteer.  $0.5 \times 6 = (3)$
- 2.5 Noem die oorsprong en inplanting van een van die spiere wat plantarfleksie van die uitgestrekte been veroorsaak.  $0.5 \times 3 = (1.5)$

[10]

QUESTION 2



<http://www.matthaber.com/IMAGES/savagejazz14086-18a.jpg>

2004/Mar/11

- 2.1 What large triangular muscle is contracting to stabilise and pull the shoulder girdle down? (0.5)
- 2.2 Supply the origin and insertion of the agonist that has caused abduction of the arms.  $0.5 \times 4 = (2)$
- 2.3 Name **each individual** muscle that has contracted to flex the hip of the extended leg.  $0.5 \times 6 = (3)$
- 2.4 Name **each individual** muscle that has contracted to laterally rotate the femur of the extended leg.  $0.5 \times 6 = (3)$
- 2.5 Supply the origin and insertion of one of the muscles that have caused plantar flexion of the extended leg.  $0.5 \times 3 = (1.5)$
- [10]

**VRAAG 3**

As deel van 'n dans-uitreikprojek moet jy 'n klas aanbied wat anatomiese beginsels verduidelik aan die hand van dansbewegings. Sluit die volgende dansbewegings in jou klasaanbieding in en skryf in jou antwoordboek neer watter verduideliking jy in die uitreikprojek sou gegee het. Maak gebruik van anatomiese terminologie en wees so breedvoerig as moontlik in die anatomiese ontleding van hierdie bewegings.

- 3.1 'n Opwaartse beweging in die parallelposisie met die bene heupafstand uitmekaar. (Sluit in alles wat van die middel af na onder toe gebeur.) 0.5x6=(3)
- 3.2 'n Uitgedraaide retiré. (Die lig van een been vanaf 'n uitgedraaide eerste posisie op die vloer tot by kniehoogte. Die tone moet altyd in aanraking met die been bly wat ondersteun.) Bespreek net die been wat beweeg. 0.5x8=(4)
- 3.3 Die beweging van die arms vanaf voor die dye, vorentoe tot bo die kop, met die voortsetting van die beweging in 'n rugwaartse buiging. 0.5x6=(3)  
[10]

**TOTAAL VIR AFDELING A: [30]**

**AFDELING B**  
**GESONDHEIDSORG**

**VRAAG 4**

4. Die meeste beserings moet deur 'n fisioterapeut behandel word, maar indien meer gespesialiseerde behandeling nodig is, word dit deur 'n ortopedis gedoen. Daar is egter sekere behandelings wat 'n danser self kan toepas om verligting te verkry.

- 4.1 Noem die behandelings wat toegepas kan word. 0.5x4=(2)
- 4.2 Beskryf elk van die behandelings wat in Vraag 4.1 genoem word, sodat dit blyk dat jy dit verstaan en sal kan toepas indien nodig. 0.5x12=(6)
- 4.3 Noem die maatreëls wat sal help om enige beserings te voorkom. 0.5x4=(2)  
[10]

**VRAAG 5**

5. Enige vorm van algemene oefening is voordelig vir die kardiovaskulêre en die respiratoriese stelsels. Dit bevorder kardiorespiratoriese fiksheid, verbeter sirkulasie en verhoog asemhalingskapasiteit. Dit lei dus tot 'n verhoging van 'n mens se toleransie vir oefening.

- 5.1 Noem die voordele van aërobiese oefening. 0.5x8=(4)
- 5.2 Verduidelik hoe spiere versterk kan word. 0.5x6=(3)
- 5.3 Beskryf en gee 'n voorbeeld van ballistiese strekking. 0.5x6=(3)  
[10]

**QUESTION 3**

As part of a dance outreach project, you are to lead a class that makes use of dance movements to explain anatomical principles. Incorporate the dance moves mentioned below into your class, and in your answer book write down the explanation you would give at the outreach project. Make use of anatomical terminology and be as detailed as possible in the anatomical breakdown of these moves.

- 3.1 A rise in parallel position with the legs hip distance apart. (Include all that will take place from the waist downwards.) 0.5x6=(3)
- 3.2 A turned out retiré. (Lifting one leg from a turned out position on the floor, making sure that the toes keep contact with the supporting leg until knee height.) Discuss the working leg only. 0.5x8=(4)
- 3.3 The movement of the arms from in front of the thighs forwards, to above the head, with the continuation of the movement into a backbend. 0.5x6=(3)  
[10]

**TOTAL FOR SECTION A: [30]**

**SECTION B  
HEALTH CARE****QUESTION 4**

4. Most forms of injury have to be treated by a physiotherapist, or in the case of more sophisticated treatments, by an orthopaedic surgeon. However, there are certainly some forms of treatment which can be administered satisfactorily by the dancer himself/herself.
- 4.1 List the forms of treatment that can be administered. 0.5x4=(2)
- 4.2 Explain each form of treatment mentioned in Question 4.1 in detail, showing that you understand and can carry out such treatment if the need arises. 0.5x12=(6)
- 4.3 List the measures that will help to prevent any injury from occurring. 0.5x4=(2)  
[10]

**QUESTION 5**

5. Any form of general exercise benefits the cardiovascular and respiratory systems. It promotes cardio-respiratory fitness, improves circulation, and increases respiratory capacity. Therefore it produces an increase in the person's tolerance for exercise.
- 5.1 List the benefits of aerobic exercise. 0.5x8=(4)
- 5.2 Explain how muscles can be strengthened. 0.5x6=(3)
- 5.3 Describe and give an example of ballistic stretching. 0.5x6=(3)  
[10]

**VRAAG 6**

'n Bekende fiksheidsdeskundige en voedingkundige het onlangs gesê dat:

“Elke lid van die bevolking het 'n toereikende standaard van voeding nodig. Dié moet voldoende, maar nie 'n oormaat kalorieë nie, bied.”

- 6.1 Verklaar waarom dit so noodsaaklik is vir 'n danser om 'n voedsame, en laekilojoule-dieet te volg. 0.5x6=(3)
- 6.2 Noem en beskryf die verskille tussen eenvoudige koolhidrate en saamgestelde koolhidrate. 0.5x6=(3)
- 6.3 Gee die redes wat agter die wanbegrip skuil dat 'n vetvrye dieet 'n danser of atleet sal bevoordeel. 0.5x4=(2)
- 6.4 Noem die voordele daaraan verbonde om vitamienaanvullings te gebruik. 0.5x4=(2)

**[10]**

**TOTAAL VIR AFDELING B: [30]**

**TOTAAL: 60**



**QUESTION 6**

A leading fitness guru and nutritionist was recently quoted as saying:

“Every member of the population requires an adequate standard of nutrition. This must give sufficient but not an excess of calories.”

- |     |  |                   |
|-----|--|-------------------|
| 6.1 | Explain why it is so vitally important for a dancer to eat a nutritional and low kilojoule diet. | 0.5x6=(3)         |
| 6.2 | Name and describe the differences between simple carbohydrates and complex carbohydrates.        | 0.5x6=(3)         |
| 6.3 | Give the reasons behind the fallacy that a fat-free diet will benefit an athlete or dancer.      | 0.5x4=(2)         |
| 6.4 | List the benefits of taking vitamin supplements.   | 0.5x4=(2)<br>[10] |

**TOTAL FOR SECTION B: [30]**

**TOTAL: 60**