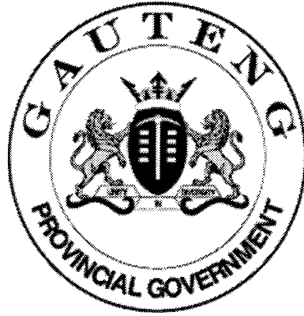


**SENIOR CERTIFICATE EXAMINATION
SENIORSERTIFIKAAT-EKSAMEN**



**OCTOBER / NOVEMBER
OKTOBER / NOVEMBER**

2004

DANCE

DANS

**(Second Paper: Health Care
and Anatomy)
(Tweede Vraestel:
Gesondheidsorg en Anatomie)**

SG

609-2/2

**5 pages
5 bladsye**

DANCE SG: Paper 2
Health Care and Anatomy



609 2 2 SG

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GAUTENGSE DEPARTEMENT VAN ONDERWYS
SENIORSERTIFIKAAT-EKSAMENDANS SG
(Tweede Vraestel: Gesondheidsorg en
Anatomie)

TYD: 1 ½ uur

PUNTE: 45

INSTRUKSIES:

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

**AFDELING A
ANATOMIE****VRAAG 1**

- 1.1 Pas die volgende **terme** in **Kolom A** by die korrekte **definisies** in **Kolom B**. Skryf net die vraagnommer en die toepaslike letter in jou antwoordboek neer.

KOLOM A TERME	KOLOM B DEFINISIES	
1.1.1 Inplanting	A. 'n Spier wat die hoofbeweger help	(1)
1.1.2 Agonis	B. Die meer vaste punt van spieraanhegting	(1)
1.1.3 Sinergis	C. Die punt van spieraanhegting waar beweging plaasvind	(1)
1.1.4 Oorsprong	D. Die hoofspier wat beweging veroorsaak	(1)

- 1.2 Die struktuur van skeletale spiere is so dat hulle meer buigbaar kan word terwyl hulle nog steeds stewig aan been vasgeheg is. Verduidelik die struktuur van skeletale spiere en hoe hulle aan been geheg is met behulp van 'n eenvoudige skets.

0.5x8=(4)
[8]

GAUTENG DEPARTMENT OF EDUCATION
SENIOR CERTIFICATE EXAMINATIONDANCE SG
(Second Paper: Health Care and Anatomy)

TIME: 1 ½ hours

MARKS: 45

INSTRUCTIONS:

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

**SECTION A
ANATOMY****QUESTION 1**

- 1.1 Match the following **terms** in **Column A** with the correct **definitions** in **Column B**. Write only the number and corresponding letter in your answer book.

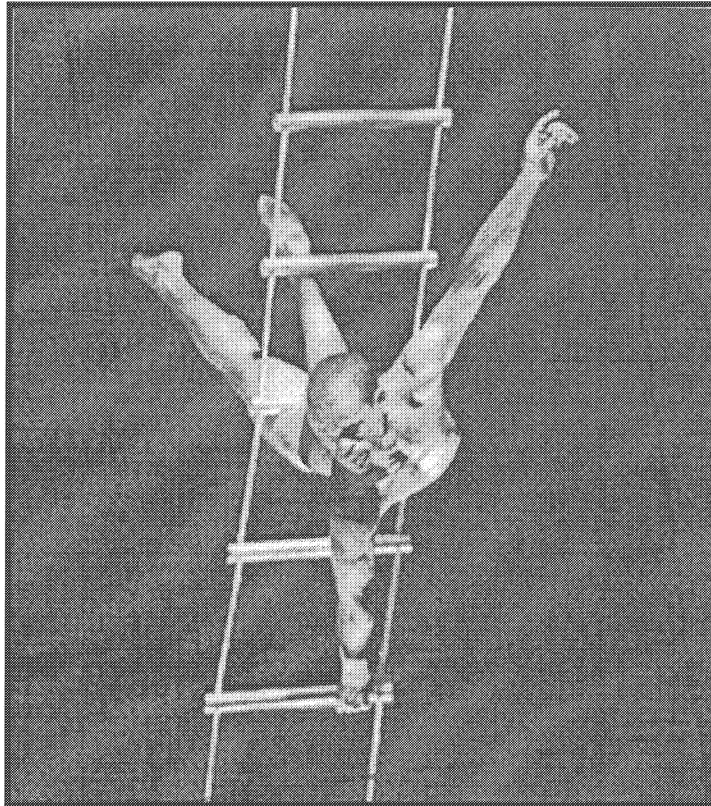
COLUMN A TERMS	COLUMN B DEFINITIONS	
1.1.1 Insertion	A. A muscle that aids/helps the prime mover	(1)
1.1.2 Agonist	B. The more fixed point of muscle attachment	(1)
1.1.3 Synergist	C. The point of muscle attachment where movement occurs	(1)
1.1.4 Origin	D. The main muscle to bring about a movement	(1)

- 1.2 The structure of skeletal muscle is such that it can increase in flexibility while still remaining firmly anchored onto bone. With the aid of a simple sketch, explain the structure of skeletal muscle, and how it attaches onto bone.

0.5x8=(4)
[8]

VRAAG 2

Al die onderstaande vrae het betrekking op die foto hieronder. Bestudeer die foto deeglik voordat jy die vrae beantwoord.

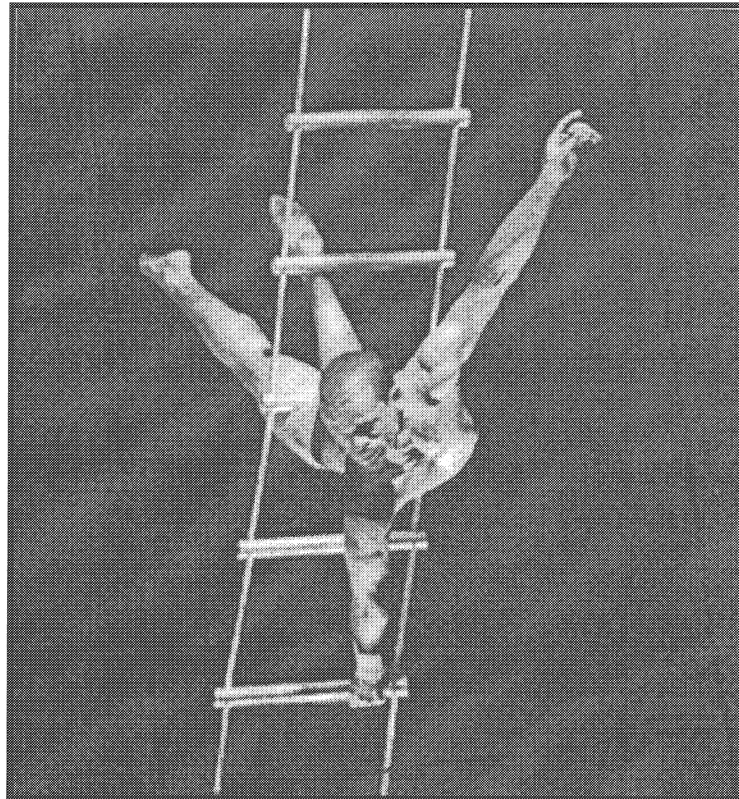


- 2.1 Noem die agonis wat hiperekstensie (-uitstrekking) van die rug veroorsaak het. (0.5)
- 2.2 Noem die name en inplanting (aanhegting) van die TWEE spiere wat saamtrek om plantarflexie van die enkelgewrig te veroorsaak. $0.5 \times 4 = (2)$
- 2.3 Noem die naam, oorsprong en inplanting (aanhegting) van die agonis wat die danser se arm opgelig het. $0.5 \times 5 = (2.5)$
- 2.4 Noem soveel spiere as moontlik wat 'n stabiliserende invloed op die skouer-gewrig van die ondersteunende arm sal hê. $0.5 \times 4 = (2)$
- 2.5 Noem en gee die oorsprong van die spiergroep aan die agterkant van die femur, wat isometries saamtrek om die bene opgelig te hou. $0.5 \times 2 = (1)$

[8]

QUESTION 2

All the questions that follow, are related to the photograph. Study the photograph carefully before answering the questions.



- 2.1 Name the agonist causing hyperextension of the spine. (0.5)
- 2.2 Supply the names and insertion of the TWO muscles that are contracting to plantar flex the ankles. $0.5 \times 4 = (2)$
- 2.3 Supply the name, origin and insertion of the agonist that has raised the dancer's arm. $0.5 \times 5 = (2.5)$
- 2.4 Name as many muscles as you can that will be having a stabilising function on the shoulder joint of the supporting arm. $0.5 \times 4 = (2)$
- 2.5 Name and supply the origin of the muscle group on the posterior surface of the femur, that is contracting isometrically to keep the legs lifted. $0.5 \times 2 = (1)$

[8]

VRAAG 3

Jy is 'n student-dansonderwyser wat 'n werkopdrag ontvang het. Die opdrag is om die volgende dansbewegings anatomies te ontleed deur van soveel as moontlik anatomiese terminologie en ander inligting oor skeletale spiere gebruik te maak. Skryf wat jy sou inhandig as jou werkopdrag, in jou antwoordboek neer. Bespreek slegs wat van die middel af na onder toe plaasvind.

- 3.1 'n Eenvoudige opwaartse beweging in die uitgedraaide posisie 0.5x8=(4)
- 3.2 Die afkom van 'n opwaartse beweging in die uitgedraaide posisie 0.5x4=(2)
[6]

TOTAAL VIR AFDELING A: [22]

**AFDELING B
GESONDHEIDSORG****VRAAG 4**

As 'n anatomiedosent by die Tswane University of Technology moet jy 'n lesing voorberei oor die kategorisering van die oorsake van beserings.

- 4.1 Noem die TWEE aparte kategorieë wat met die oorsaak van beserings vereenselwig kan word. 0.5x2=(1)
- 4.2 Kies een van hierdie oorsake van beserings wat na jou mening die waarskynlikste 'n danser sal affekteer en bespreek dit volledig. 0.5x7=(3.5)
- 4.3 Noem die belangrikste faktore wat besering sal help verhoed. 0.5x7=(3.5)
[8]

VRAAG 5

Jy het onlangs vir 'n onderhoud vir 'n pos as 'n persoonlike afrigter by Virgin Active-gimnasium gegaan. Tydens die onderhoud is die volgende vrae gevra.

- 5.1 Verduidelik die term **hipotrofie**. 0.5x4=(2)
- 5.2 Beskryf anaërobiese oefeninge en noem TWEE voorbeelde daarvan. 0.5x6=(3)
- 5.3 Noem die metodes van spierversterking. 0.5x6=(3)
[8]

QUESTION 3

You are a student dance teacher who has been given an assignment. The assignment is to anatomically analyse the following dance moves using as much anatomical terminology and other information about skeletal muscles as possible. In your answer book, write down what you would submit for this assignment. Discuss only what happens from the waist down.

- 3.1 A simple rise in the turned out position 0.5x8=(4)
- 3.2 The lowering of a rise in the turned out position 0.5x4=(2)
- [6]

TOTAL FOR SECTION A: [22]

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

As an anatomy lecturer at the Tswane University of Technology, you must prepare a lesson on how to categorise the causes of injuries.

- 4.1 Name the TWO separate categories that we associate with the cause of injury. 0.5x2=(1)
- 4.2 Choose one of these causes of injury that you feel is most likely to affect a dancer and explain it in detail. 0.5x7=(3.5)
- 4.3 List the main factors that will help prevent injury. 0.5x7=(3.5)
- [8]

QUESTION 5

You have recently been interviewed for a job at a Virgin Active gymnasium as a personal trainer. During the interview, the following questions were asked:

- 5.1 Explain the term **hypotrophy**. 0.5x4=(2)
- 5.2 Describe anaerobic exercise and give TWO examples thereof. 0.5x6=(3)
- 5.3 List the methods of strengthening muscles. 0.5x6=(3)
- [8]

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VRAAG 6

Tydens 'n onlangse lesing oor voeding en gesonde eetpatrone vir atlete en dansers was die onderwerp van bespreking op die volgende aanhaling gebaseer:

“Sonder 'n korrek gebalanseerde dieet kan die fisiologiese meganismes van die liggaam nie op sy beste funksioneer nie”.

- 6.1 Noem al die moontlike gevolge wat swak eetgewoontes vir 'n danser en 'n atleet tot gevolg kan hê. 0.5x6=(3)
- 6.2 Met inagnome van die feit dat sommige dansers vegetariërs is, beskryf waarom dit so noodsaaklik is vir hulle om proteïene in hul dieet in te sluit. 0.5x8=(4)
[7]

TOTAAL VIR AFDELING B: [23]

TOTAAL: 45

EINDE

QUESTION 6

At a recent lecture on nutrition and healthy eating patterns for athletes and dancers, the topic of conversation was based on the following quote:

“Without a correctly balanced diet, the physiological mechanism of the body cannot function at the utmost peak of efficiency”.

- 6.1 List all the possible effects that poor eating habits can have on the dancer and athlete. 0.5x6=(3)
- 6.2 Considering the fact that some dancers are vegetarians, explain why it is so important for them to include protein in their diets. 0.5x8=(4)
- [7]**

TOTAL FOR SECTION B: [23]

TOTAL: 45

END