

DANCE HG (Second Paper)	609-1/2 K	2
--	------------------	----------

**GAUTENG DEPARTMENT OF EDUCATION
SENIOR CERTIFICATE EXAMINATION**

**OCTOBER / NOVEMBER 2005
OKTOBER / NOVEMBER 2005**

DANCE HG
(Second Paper: Anatomy and Health Care)

TIME: 2 hours

MARKS: 60

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.
- Each fact counts half a mark.

**SECTION A
ANATOMY**

QUESTION 1

- 1.1 You have to present a lecture at the annual conference of the Première Association of Dance. Prepare cue cards that can be used for this lecture by writing concise explanations for each of the points below.
- | | |
|-------------------|---------------|
| 1.1.1 Aponeurosis | 0,5 x 2 = (1) |
| 1.1.2 Insertion | 0,5 x 2 = (1) |
| 1.1.3 Agonist | 0,5 x 2 = (1) |
| 1.1.4 Periosteum | 0,5 x 2 = (1) |
- 1.2 Mechanism of muscle contraction 0,5 x 5 = (2,5)
- 1.3 Engrams 0,5 x 3 = (1,5)
- 1.4 Isometric muscle contraction (Provide a dance example.) 0,5 x 4 = (2)
- [10]**

QUESTION 2

The following questions all relate to origin, insertion and action of muscles and are based on the photograph below.



(www.ptdc.org Friends Angelical)

Carefully study the **dancer at the back** and answer the following questions:

- 2.1 Provide the name and insertion of the agonist that has raised the standing dancer's back arm. 0,5 x 2 = (1)
- 2.2 Which muscle is synergising the above action, and where does it originate? 0,5 x 3 = (1,5)
- 2.3 If the standing dancer had to concentrically contract his / her *tibialis anterior*, what action would take place? 0,5 x 1 = (0,5)
- 2.4 Name each **individual** muscle that has contracted to raise the standing dancer's leg. 0,5 x 8 = (4)

Carefully study the **front dancer** and answer the following questions:

- 2.5 Name each muscle on the front of the thigh that is contracting eccentrically. 0,5 x 4 = (2)
- 2.6 Where does this muscle group insert? 0,5 x 1 = (0,5)
- 2.7 Supply the name of another muscle that is contracting eccentrically. 0,5 x 1 = (0,5)

[10]

DANCE HG (Second Paper)	609-1/2 K	4
--	------------------	----------

QUESTION 3

You are teaching a dance class in which you are only allowed to use **anatomical terminology**. Write what you would say to your learners in order for them to execute the following dance movements correctly:

- 3.1 A turned out *retiré* (Lifting one leg from a turned-out position on the floor to knee height making sure that the toes keep contact with the supporting leg.) 0,5 x 12 = (6)
- 3.2 A table top (flat back forward) with the arms in high parallel (parallel fifth) and the legs in parallel second position. 0,5 x 8 = (4)
[10]

TOTAL FOR SECTION A: [30]

SECTION B HEALTH CARE

QUESTION 4

Synovial joints are freely moveable and generally most complex. There are different types of synovial joints that elicit different possible ranges and planes of movement. Injury of these joints is very serious and complicated and correct diagnosis and treatment is essential for full recovery.

The most common injury to a joint is a sprain.

- 4.1 Describe this type of injury. 0,5 x 12 = (6)
- 4.2 Explain all possible forms of treatment regarding this injury. 0,5 x 8 = (4)
[10]

QUESTION 5

A fitness instructor was recently quoted as saying:

Cardiovascular fitness is an ongoing process and requires consistent reinforcement.

- 5.1 As an expert in your particular dance field, explain precisely to a layman the following concepts:
- 5.1.1 The meaning of aerobic exercise 0,5 x 8 = (4)
- 5.1.2 The benefits of aerobic exercise 0,5 x 8 = (4)
- 5.2 Give FOUR examples of aerobic exercise. 0,5 x 4 = (2)
[10]

P.T.O.

DANCE HG (Second Paper)	609-1/2 K	5
------------------------------------	------------------	----------

QUESTION 6

Dancers and athletes require a diet that provides them with sufficient nourishment but not an excess of calories.

- 6.1 Discuss carbohydrates to your dance troupe, as a nutrient which supplies the body with energy. 0,5 x 8 = (4)
- 6.2 Advise these dancers on how to prepare themselves correctly for a taxing performance. 0,5 x 8 = (4)
- 6.3 Name FOUR undesirable social habits that dancers should avoid. 0,5 x 4 = (2)
- [10]**

TOTAL FOR SECTION B: [30]

TOTAL: 60

END