

**GAUTENG DEPARTMENT OF EDUCATION****SENIOR CERTIFICATE EXAMINATION****OCTOBER / NOVEMBER 2005  
OKTOBER / NOVEMBER 2005****DANCE SG  
(Second Paper: Anatomy and Health Care)****TIME: 1 ½ hours****MARKS: 45**

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**INSTRUCTIONS:**

- Learners are allowed to stand up and move during the examination session in order to apply practical aspects to questions where relevant.
  - Answer ALL the questions.
  - Each fact counts half a mark.
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**SECTION A  
ANATOMY****QUESTION 1**

You are a professional dancer who has taken a short course in kinesiology to better your understanding of the body. The following are questions that were asked in your last assignment. In your answer book, write down the answers that you would have submitted.

1.1 Provide definitions for the following terms:

- |                  |          |     |
|------------------|----------|-----|
| 1.1.1 Synergist  | (0.5x2)= | (1) |
| 1.1.2 Antagonist | (0.5x2)= | (1) |
| 1.1.3 Insertion  | (0.5x2)= | (1) |
| 1.1.4 Fixators   | (0.5x2)= | (1) |

1.2 Explain the process of muscle contraction. (0.5x5)= (2.5)

1.3 What type of muscle contraction would the calf muscles be performing during the upward movement into a rise? (0.5x2)= (1)

1.4 Name the connective tissue that joins muscle to bone. (0.5x1)= (0.5)

**[8]**

**QUESTION 2**

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



([www.ptdc.org](http://www.ptdc.org) Dandelion Wine)

**Dancer on the left**

- 2.1 Name and supply the insertion of the agonist that raised the arm to the side into the walking position. (0.5x3)= (1.5)
- 2.2 Name the agonist that has caused flexion of the hip joint, and explain where it originates. (0.5x3)= (1.5)
- 2.3 Which muscle is contracting to plantarflex the raised leg's ankle joint? (0.5x1)= (0.5)
- 2.4 If the lady were to extend her knee, which other muscle would bring about plantar flexion of the ankle joint? (0.5x1)= (0.5)
- 2.5 If the lady were to extend her knee, which muscle would have to contract? Name each **individual** muscle. (0.5x4)= (2)

**Dancer on the right**

- 2.6 Name the TWO muscles that are contracting to keep the shoulder girdle pulled down and supply their insertions. (0.5x4)= (2)

**[8]**

**QUESTION 3**

You have been asked to give a movement class at a school for the blind. These learners have all studied kinesiology and would respond well to anatomical terminology. The following are moves that you intend incorporating into your class. Write down how you taught these moves using **anatomical language**.

- 3.1 A forward bend of the spine with the legs turned out and extended  
(Do not discuss any arm movement) (0.5x6)= (3)
- 3.2 A *Tendu* (leg extension on the ground) *devant* (to the front) (0.5x6)= (3)
- [6]**

**TOTAL FOR SECTION A: [22]**

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

At a recent lecture on physical and mental well-being, one point was clearly emphasised:

*Injuries should rarely occur if a dance learner is in good physical condition and working correctly.*

- 4.1 Name and describe ONE environmental cause of injury. (0.5x6)= (3)
- 4.2 Your friend is suffering from a torn groin muscle. Explain to him/her what he/she probably did to have caused this tear. (0.5x4)= (2)
- 4.3 List the steps that you would take to treat this injury. (0.5x4)= (2)
- 4.4 Name TWO postural deviations. (0.5x2)= (1)
- [8]**

**QUESTION 5**

- 5.1 Name the type of exercise that strengthens the heart and improves your respiratory capacity. (0.5)
- 5.2 Give THREE examples of this type of exercise. (0.5x3)= (1.5)
- 5.3 List the benefits of this type of exercise. (0.5x6)= (3)
- 5.4 Explain the term **stretch reflex**. (0.5x6)= (3)

**[8]****QUESTION 6**

When a famous dancer was interviewed on television, the reporter asked her why most dancers seem to have low body fat. The dancer replied that it can be ascribed to a combination of healthy eating and plentiful exercise.

- 6.1 Which form of carbohydrates supply longer lasting energy? (0.5)
- 6.2 Give THREE examples of these carbohydrates. (0.5x3)= (1.5)
- 6.3 Explain why it is important to supplement your diet with vitamins. (0.5x6)= (3)
- 6.4 Why is hydration important to the athlete or dancer? (0.5x4)= (2)

**[7]****TOTAL FOR SECTION B: [23]****TOTAL: 45****END**