

DANCE HG (Second Paper)	609-1/2 U	2
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**GAUTENG DEPARTMENT OF EDUCATION
SENIOR CERTIFICATE EXAMINATION**

**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.
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**SECTION A
ANATOMY**

QUESTION 1

A friend of yours is writing a book on dance and needs help. Knowing that you are a biokineticist, she e-mails you the following questions about skeletal muscles which she will use as part of chapter 1 of her book. Here follow the questions:

- 1.1 Please explain the following terminology:
- | | |
|-------------------|-----------|
| 1.1.1 Insertion | 0,5x2=(1) |
| 1.1.2 Agonist | 0,5x2=(1) |
| 1.1.3 Aponeurosis | 0,5x2=(1) |
- 1.2 What does the structure of skeletal muscle look like, and how does it attach to bone? Please draw a sketch and use clear labels. 0,5x7=(3,5)
- 1.3 What kind of muscle contractions are used in dance? Please explain each one. 0,5x7=(3,5)
- [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 Klezmerbluegrass)

- 2.1 What action is the bicep of the front arm performing? (0,5)
- 2.2 Supply the origin and insertion of the bicep muscle. 0,5x5=(2,5)
- 2.3 Name the TWO muscles that are working together to fixate the dancer's shoulder girdle. 0,5x2=(1)
- 2.4 Choose ONE of the muscles of Question 2.3 and supply its origin and insertion. 0,5x5=(2,5)
- 2.5 If the dancer were to straighten her supporting (standing) leg, what muscle group would be the agonist? (0,5)
- 2.6 Name a muscle from the group in Question 2.5 that goes over the hip and knee joint. Supply the origin and insertion thereof. 0,5x3=(1,5)
- 2.7 Name THREE separate muscles that will have to contract to bring the dancer's torso upright. 0,5x3=(1,5)

[10]

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QUESTION 3

As part of a portfolio assignment you have to teach a class to your peers. You decide to show your fellow learners practical examples of what happens anatomically during certain dance moves. Use as much anatomical terminology as possible to give them a detailed anatomical breakdown of the following dance movements. Write down what you would say in your answer book.

- 3.1 Movement of the right arm from in front of the thigh sideways to above the head, with the continuation of the movement into a side bend of the upper body to the left. 0,5x12=(6)
- 3.2 The movement *tendu devant* (*tendu*: leg extension on the floor; *devant*: to the front) 0,5x8=(4)
[10]

TOTAL FOR SECTION A: [30]

SECTION B HEALTH CARE

QUESTION 4

You are studying for a Pilates course. As part of your final marks, you have to do an oral examination on stress fractures. Organise your ideas according to the following headings and write down notes to prepare you for the exam.

- 4.1 List the causes for and indications of stress fractures. 0,5x12=(6)
- 4.2 Explain all possible forms of treatment of stress fractures. 0,5x8=(4)
[10]

QUESTION 5

The artistic director of a dance company recently said: *Dancers endeavour to move gracefully and effortlessly thereby creating a limbered and controlled stylistic whole for which an audience pays to experience.*

Explain the following points that pertain to the above-mentioned statement:

- 5.1 The purpose of stretching exercises 0,5x8=(4)
- 5.2 Methods to ensure that dancers are able to deliver a strong and controlled performance 0,5x8=(4)
- 5.3 Hypotrophy 0,5x4=(2)
[10]

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QUESTION 6

You are interested in a career as a dietician and decide to write an article for your school yearbook on the topic: *Diet and lifestyle will improve performance and achievement.*

Further research shows that you need to investigate the loss of muscle tone, a decrease in metabolic rate and an increase in body mass. Write down the information for your article by discussing the following aspects:

- 6.1 The types of carbohydrates that will supply performers with lasting energy. List the types, describe their attributes and give examples of foods containing these carbohydrates. 0,5x8=(4)
- 6.2 Correct preparation for a match or dance performance 0,5x8=(4)
- 6.3 FOUR socially undesirable habits that dancers or athletes should avoid in order to ensure peak physical condition. 0,5x4=(2)
[10]

TOTAL FOR SECTION B: [30]

TOTAL: 60