GAUTENG DEPARTMENT OF EDUCATION

SENIOR CERTIFICATE EXAMINATION

DANCE SG
(Second Paper: Anatomy and Health Care)
TIME: 1½ hours

MARKS: 45

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   Supply ONE word for the following definitions:

      1.1.1   The main muscle to bring about a movement   (0.5 x 2) = 1
      1.1.2   The more fixed point of muscle attachment   (0.5 x 2) = 1
      1.1.3   The tendon of a muscle when it is broad and flat   (0.5 x 2) = 1
      1.1.4   A muscle that helps the main muscle to bring about a movement   (0.5 x 2) = 1

1.2   Explain to a fellow learner what an engram is and how it can have
       positive and negative influences on the life of a dancer.   (0.5 x 6) = 3

1.3   What type of muscle contraction would take place in the *erector spinae*
       muscles during a simple forward bend of the upper body?   (0.5 x 2) = 1
                                                            [8]

QUESTION 2

The following questions all relate to origin, insertion and action of muscles and are
based on the photograph on page 3.

2.1   Name THREE **individual** muscles from the muscle group that have
       brought about flexion at both knee joints.   (0.5 x 3) = 1.5

2.2   Remembering that both knees are flexed, name the <u>agonist</u> that has
       caused plantarflexion at <u>both</u> ankle joints and supply its <u>origin</u>.   (0.5 x 3) = 1.5

2.3 What other muscle brings about plantarflexion at the ankle joint when the leg is straight? (0.5 x 2) = 1

2.4 If the dancer had to contract her quadriceps concentrically, what <u>action</u> would occur, and at what <u>joint</u> would this action take place? (0.5 x 2) = 1

2.5 If the dancer adducted her arms, what would the <u>agonist</u> be? (0.5 x 2) = 1

2.6 Supply the <u>origin</u> and <u>insertion</u> of the answer to Question 2.5. (0.5 x 4) = 2

[8]
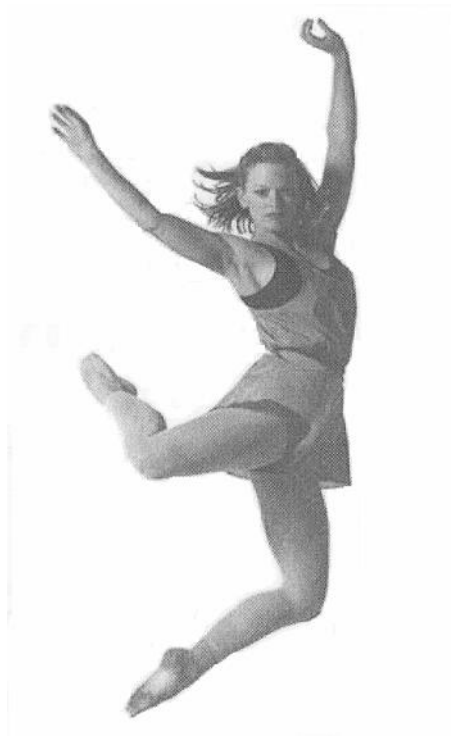
(www.ptdc.org (Syzygy)

QUESTION 3

You are writing a dance syllabus for physiotherapists. At the end of the syllabus you include a detailed glossary explaining what is happening anatomically when the various moves are being executed. Write down how you would explain the following moves:

3.1 A turned out *retire* (lifting one leg from a turned out position on the floor, making sure the toes keep contact with the supporting leg until knee height). Discuss the working leg only. (0.5 x 8) = 4

3.2 A side bend of the upper body to the right with the left arm held above the head. (Only discuss what happens from the waist upwards.) (0.5 x 4) = 2

[6]

TOTAL FOR SECTION A: [22]

P.T.O.

SECTION B
HEALTH CARE

QUESTION 4

You are the lead in a new production that contains some intricate choreography. During rehearsal your foot slipped and you twisted your ankle. Besides being extremely painful you noticed that your ankle immediately started to swell. There is definitely small tissue damage and potential ligament tears. It would appear that this injury is going to keep you from dancing for at least four to six weeks.

4.1 How would you treat this injury yourself, before you see a doctor? (0.5 x 6) = 3

4.2 List all the local side effects that you are likely to suffer during the recovery period. (0.5 x 6) = 3

4.3 What steps can you take to prevent this or any other injuries from occurring? (0.5 x 4) = 2
[8]

QUESTION 5

You are a recently retired professional dancer who has been asked to lecture at a dance school. The question asked most frequently by your students is:
"How did you become so supple?"

5.1 Supply various appropriate answers that would adequately address this question. (0.5 x 6) = 3

5.2 List the benefits of stretching. (0.5 x 4) = 2

5.3 Adolescent dancers may battle with increasing their stamina. Advise them on how to improve their fitness levels. (0.5 x 6) = 3
[8]

QUESTION 6

Carbohydrates are considered to be the most efficient fuel and the main source of energy for a dancer.

6.1 Which types of carbohydrates supply lasting energy? 0.5

6.2 Give THREE examples of these carbohydrates. (0.5 x 3) = 1.5

6.3 Advise your peers on what they should eat before a performance in order to give a breathtaking performance from beginning to end. (0.5 x 6) = 3

6.4 Discuss why it is important for dancers to drink enough water throughout the day. (0.5 x 4) = 2
[7]

TOTAL FOR SECTION B: [23]

TOTAL: 45

END