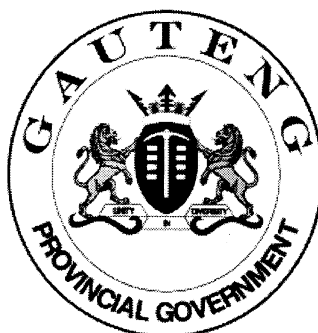


SENIOR CERTIFICATE EXAMINATION



FEBRUARY / MARCH

2007

DANCE

HG

Second Paper

609-1/2 E

DANCE HG: Paper 2

5 pages



609 1 2E

HG

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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

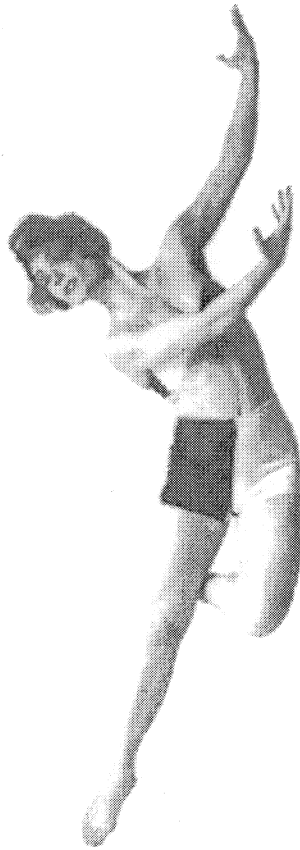
- 1.1 As an aerobics instructor you decide to compile a list of the terminology that you use in your classes to give to members of the gymnasium. Add the following terms to your list and explain them fully:
- | | |
|------------------|-----------|
| 1.1.1 Periosteum | 0,5x2=(1) |
| 1.1.2 Antagonist | 0,5x2=(1) |
| 1.1.3 Origin | 0,5x2=(1) |
| 1.1.4 Fixator | 0,5x2=(1) |
- 1.2 Identify the type of muscle contraction in each of the following dance movements:
- | | |
|--|-----------|
| 1.2.1 The calf muscle during a simple rise | 0,5x2=(1) |
| 1.2.2 The hamstrings during a flatback forward (table top) | 0,5x2=(1) |
| 1.2.3 The deltoid muscle during a movement when the arms are held stationary to the sides at shoulder height | 0,5x2=(1) |
- 1.3 A fellow dancer in your dance class has faults in her technique which she performs out of habit. Discuss engrams with her before you assist her to correct her technique. Write down what you will say to her in your answer book.
- 0,5x4=(2)

- 1.4 Name TWO other types of muscle tissue that are found in the body besides skeletal muscle tissue.

0,5x2=(1)
[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 Polaris 2)

- 2.1 Supply the name, origin and insertion of the agonist that has adducted the dancer's right arm across her body.
- 2.2 Name the TWO agonists responsible for lateral flexion of the spine to the right, and supply each of the muscles' insertion.
- 2.3 Name the **muscle group** that has flexed the dancer's left knee, and supply its origin.
- 2.4 Supply the names and origins of the TWO agonists that have brought about plantar flexion of the dancer's right leg.

0,5x6=(3)

0,5x6=(3)

0,5x2=(1)

0,5x6=(3)

[10]

P.T.O.

QUESTION 3

You are writing an article for the kinesiology column in the magazine *SA Dance*. Explain the following dance movements, performed correctly, in detailed anatomical terminology:

- 3.1 A forward bend of the torso (body) in a standing position with the legs turned out and extended 0,5x8=(4)
- 3.2 A turned out *tendu* (leg extension) on the floor *derrière* (to the back) from the turned out first position 0,5x12=(6)
[10]

TOTAL FOR SECTION A: [30]

SECTION B **HEALTH CARE**

QUESTION 4

Imagine yourself as a well-known physiotherapist due to give a lecture to grade 12 dancers on the causes and complications of injuries.

Arrange your thoughts and notes on the following topics and write them down in your answer book in preparation for your lecture.

- 4.1 Describe an injury caused by faulty technique. 0,5x6=(3)
- 4.2 List the effects injuries have on the body. 0,5x6=(3)
- 4.3 Give advice to injured dancers on how to deal with an injury. This involves both the psychological effects and the decision on whether to dance or not to dance. 0,5x8=(4)
[10]

QUESTION 5

You have recently been appointed as the fitness and technical training assistant for the dance company known as The South African Ballet Theatre. The dancers are supple, but need help to improve their strength and endurance levels. You decide to discuss the following topics at your first meeting with the dancers:

- 5.1 Explain what dancers should do to improve their endurance. 0,5x6=(3)
- 5.2 List the signs of fatigue dancers should look out for while they are training. 0,5x6=(3)
- 5.3 Explain the benefits of aerobic exercise. 0,5x6=(3)
- 5.4 List TWO examples of aerobic training. 0,5x2=(1)
[10]

DANCE HG (Second Paper)	609-1/2 Z	5
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QUESTION 6

You were a professional dancer who became a psychologist. You write regularly for the column "Advice for Dancers" in the magazine *Dance Illusions*. Discuss and give advice on the following topics:

- 6.1 Depression in dancers and the possible causes thereof 0,5x8=(4)
- 6.2 The possible solutions to combating depression 0,5x6=(3)
- 6.3 List some unhealthy addictions that dancers may fall prey to. 0,5x6=(3)
- [10]**

TOTAL FOR SECTION B: [30]

TOTAL: 60

END