SENIOR CERTIFICATE EXAMINATION

FEBRUARY / MARCH

2007

DANCE

SG

Second Paper

609-2/2 E

DANCE SG: Paper 2

609 2 2E SG

5 pages

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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 The following statements refer to skeletal muscle. The statements are either totally correct (TRUE), partially correct, or incorrect (FALSE). Read carefully and decide whether each statement is TRUE or FALSE.

PLEASE NOTE Should you decide that a statement is FALSE (incorrect or only partially correct), give a substantiated explanation.

1.1.1 Insertion is the point of attachment where movement occurs. (0.5 x 2) = 1

1.1.2 An engram is a neural passageway formed in the brain by constant, accurate repetition. (0.5 x 2) = 1

1.1.3 Isometric contraction is when the muscle contracts and shortens. (0.5 x 2) = 1

1.1.4 The synergist is the main muscle to bring about a movement. (0.5 x 2) = 1

1.1.5 Heat is released as a result of muscle contraction. (0.5 x 2) = 1

1.2 Draw a simple sketch (with labels), for use in a lecture, of the structure of skeletal muscle and show how it attaches onto bone. (0.5 x 6) = 3

[8]

QUESTION 2

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

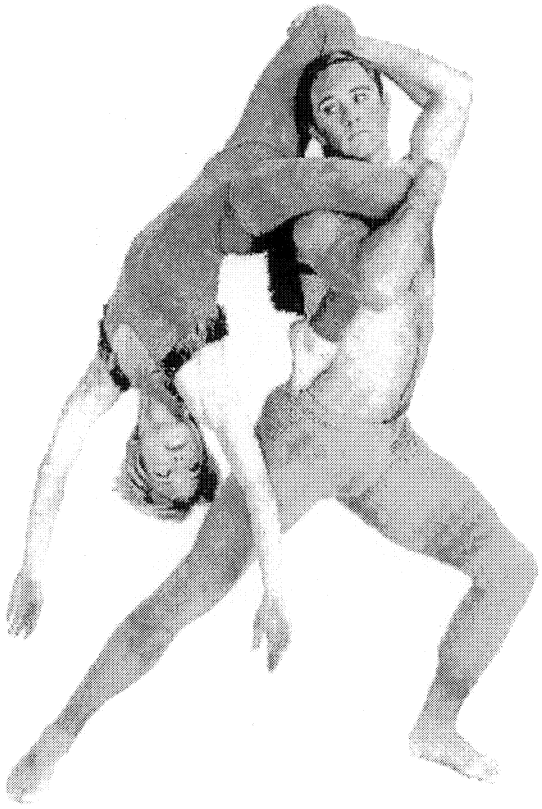
2.1 Name the **TWO** large muscles that are stabilising the man's shoulder girdle, and supply their insertions. (0.5 x 7) = 3.5

2.2 What would the agonist be if the lady had to flex her spine and sit up straight? (0.5 x 2) = 1

2.3 Supply the origin and insertion of your answer to Question 2.2. (0.5 x 3) = 1.5

2.4 Which **FOUR** muscles make up the muscle group that is contracting eccentrically on the man's bent leg? (0.5 x 4) = 2

[8]



(www.ptdc.org Runes)

QUESTION 3

Discuss the following dance movements in detail for a movement study in an electronic choreography workshop.

3.1 A spiral (rotation) of the torso to the left with the arms held at shoulder height. (The legs are parallel and the feet are hip width apart.) (0.5 x 8) = 4

3.2 A *tendu* (leg extension on the ground) *devant* (to the front). (0.5 x 4) = 2
[6]

TOTAL FOR SECTION A: [22]

SECTION B
HEALTH CARE

QUESTION 4

The occurrence of injury is something that all dancers and athletes have to contend with. Some will be fortunate enough to go through their entire careers without major injuries, while others will have the misfortune of having to deal with this career threatening setback.

4.1 List and explain the environmental causes of injury. (0.5 x 6) = 3

4.2 Despite the fact that the diagnosis and final treatment of injuries remains the responsibility of a medical practitioner, there are certain means of treatment that you can administer to yourself. List these means of treatment and explain briefly how you would perform each one. (0.5 x 6) = 3

4.3 Your friend is suffering from a painful bunion.
4.3.1 Explain to her how she may have developed it.
4.3.2 Explain how she could treat it. (0.5 x 4) = 2
[8]

QUESTION 5

Dancers on stage may create the impression of being waif-like and ethereal beings, but in reality they need to be physically strong and fit.

5.1 How do dancers achieve a high level of fitness? (0.5 x 6) = 3

5.2 Flexibility will help to create this ethereal illusion, therefore list various benefits of stretching. (0.5 x 6) = 3

5.3 Define and give an example of ballistic stretching. (0.5 x 4) = 2
[8]

QUESTION 6

You are the writer of an "Advice Column" for a dance magazine. The most frequently asked questions pertain to diet and nutrition. Incorrect advice can lead to damaging behaviour and unhealthy eating habits. They require thoughtful, scientific and delicate handling.

Considering the above-mentioned scenario, give advice on the following questions:

6.1 "What types of foods should I eat before a performance?" (0.5 x 6) = 3

6.2 "I have been told to supplement my diet with vitamins. Why?" (0.5 x 4) = 2

6.3 "I have recently changed dance companies and moved from Cape Town to Gauteng. I have noticed that I often feel sluggish and dehydrated. What can I do to alleviate this problem?" (0.5 x 4) = 2

[7]

TOTAL FOR SECTION B: [23]

TOTAL: 45

END