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Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL SENIOR CERTIFICATE

GRADE 12

DANCE STUDIES
FEBRUARY/MARCH 2017

MARKS: 100

TIME: 3 hours

This question paper consists of 8 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO sections with TEN questions in total. Answer only EIGHT questions as follows:

SECTION A: SAFE DANCE PRACTICE AND HEALTHCARE (40 marks)

- Answer FOUR of the five questions in this section.
- You have a choice between QUESTION 3 and QUESTION 4. If you answer both questions, only the FIRST answer will be marked.

SECTION B: DANCE HISTORY AND LITERACY (60 marks)

- Answer FOUR of the five questions in this section.
- You have a choice between QUESTION 9 and QUESTION 10. If you answer both questions, only the FIRST answer will be marked.

2. Number the answers correctly according to the numbering system used in this question paper.
3. Read each question carefully and take note of what is required.
4. **NOTE:** If you are requested to *explain/elaborate/describe/analyse/evaluate/compare*, write your answer in full sentences and give as much information as possible. One-word answers will NOT be accepted.
5. You may do rough planning in the ANSWER BOOK. Draw a line through any work that should NOT be marked.
6. You will be assessed on your ability to:
 - Use good English (write only in one language)
 - Organise and communicate information clearly
 - Use the specific format asked for in certain questions
 - Use specialist dance terminology where appropriate
7. Write neatly and legibly.

SECTION 1: SAFE DANCE PRACTICE AND HEALTH CARE**QUESTION 1: NUTRITION AND MENTAL HEALTH**

- 1.1 Clearly explain what is meant by a *balanced diet* and how good nutrition could benefit a dancer's performance. (5)
- 1.2 Stress and tension can prevent a dancer from achieving his/her maximum potential in class. Describe TWO symptoms of stress and tension and how they could affect a dancer. (2)
- 1.3 Clearly describe THREE relaxation techniques you can use to reduce stress and tension. (3)
- [10]**

QUESTION 2: COMPONENTS OF FITNESS

There are FIVE components of fitness a dancer needs to perform optimally. Do NOT include nutrition or life style choices in the answer.

Give the following information:

- The name and a definition of each component (5)
 - An explanation of how each component contributes to a dancer's performance (10)
- [15]**

NOTE: You have a choice between QUESTION 3 and QUESTION 4.
Answer only ONE of these questions.

QUESTION 3: MUSCLES AND ACTIONS

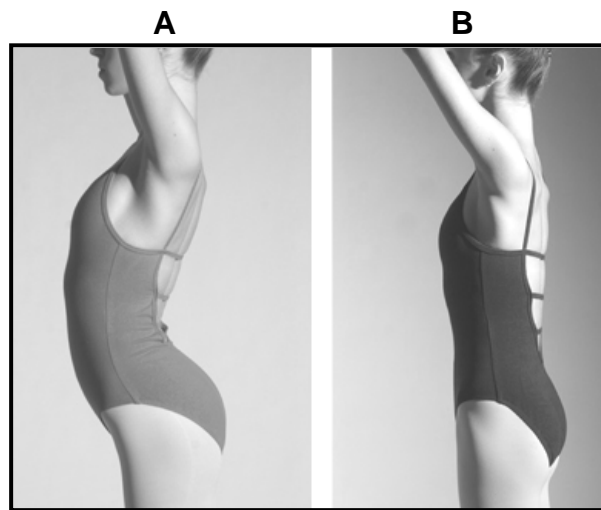
You have to tutor a Grade 10 dance class on some of the main leg muscles used in dance. Prepare the following information:

- 3.1 List FOUR important muscles/muscle groups and describe to the class where they are located. (4)
- 3.2 Choose any TWO muscles/muscle groups and write down the following:
- ONE anatomical action for each muscle/muscle group (2)
 - An example of ONE dance movement that may be performed using the anatomical action given above (2)
- [8]**

OR

QUESTION 4: INJURIES AND TREATMENT

- 4.1 What is the difference between a *sprain* and a *strain*? (2)
- 4.2 Name FOUR of the main causes of a knee injury in the dance class. (4)
- 4.3 Explain TWO ways to protect your knees in the dance class to prevent possible knee injuries. (2)
- [8]**

QUESTION 5: POSTURE/SAFE STRETCHING[Source: www.dancemagazine.com]

- 5.1 Study the photographs above. Indicate whether the postures in **A** and **B** are CORRECT or INCORRECT. Substantiate your answer, stating in EACH case, the relationship with safe dance practice. (3)
- 5.2 Many dance teachers, concerned parents and health professionals are struggling with what they see going on in the dance world, especially online.

[Source: www.theballletblog.com][Source: www.danceproject.ca]

Refer to the statement and the pictures above and give your opinion and suggestions on safe stretching.

(4)
[7]**TOTAL SECTION A: 40**

SECTION B: DANCE HISTORY AND LITERACY**QUESTION 6: COMMUNITY DANCE PROJECT AND CAREERS**

The local government has requested you to organise the performances at a DANCE AND ARTS FESTIVAL they are funding in a poor community.

Prepare information for the local government that includes the following:

- At least FOUR aspects about the purpose of the dance and arts festival and the impact it could have on the community (4)
 - Outline, in detail, THREE facilities and/or resources that will be needed for the performances (3)
 - Name THREE arts production jobs that will be generated for the dance and arts festival and explain the function of each of these jobs (3)
- [10]**

QUESTION 7: FUNCTIONS OF DANCE IN SOCIETY AND DANCE FORMS

7.1 How can dance contribute to development in the categories below?

Choose only THREE categories and give an informative description of EACH area:

- 7.1.1 Education (2)
- 7.1.2 Social/Personal transformation (2)
- 7.1.3 Communication (2)
- 7.1.4 Religion (2)
- 7.1.5 Protest (2)

7.2 Compare and explain FOUR similarities and FOUR differences between the movement principles of African dance and the movement principles of ANY OTHER dance form you have studied.

Your answer must focus ONLY on the movement principles of the dance forms that you are discussing in your answer, African dance and another dance form. Name the other dance form in your answer.

(8)
[14]

QUESTION 8: MUSIC OF A PRESCRIBED WORK

| INTERNATIONAL CHOREOGRAPHERS | DANCE WORKS |
|-------------------------------------|--|
| Alvin Ailey | <i>Revelations</i> |
| Christopher Bruce | <i>Ghost Dances</i> |
| George Balanchine | <i>Apollo/Jewels (Emeralds, Rubies, Diamonds)</i> |
| Jiri Kylian | <i>Wings of Wax/Stamping Ground</i> |
| Martha Graham | <i>Lamentation/Errand into the Maze</i> |
| Matthew Bourne | <i>Swan Lake/Cinderella</i> |
| Mats Ek | <i>Giselle/Swan Lake/Carmen</i> |
| Pina Bausch | <i>The Rite of Spring</i> |
| Rudi van Dantzig | <i>Four Last Songs</i> |
| William Forsythe | <i>In the Middle, Somewhat Elevated</i> |
| SOUTH AFRICAN CHOREOGRAPHERS | DANCE WORKS |
| Alfred Hinkel | <i>Cargo/I am Cinnamon/Rain in a Dead Man's Footprints/Bolero/Last Dance</i> |
| Carolyn Holden | <i>Blood Wedding/Imagenes</i> |
| Dada Masilo | <i>Swan Lake/Romeo and Juliet</i> |
| Gary Gordon | <i>Bessie's Head</i> |
| Gregory Maqoma | <i>Four Seasons/Skeleton Dry</i> |
| Mavis Becker | <i>Flamenco de Africa</i> |
| Sylvia Glasser | <i>Tranceformations</i> |
| Veronica Paeper | <i>Orpheus in the Underworld/Carmen</i> |
| Vincent Mantsoe | <i>Gula Matari</i> |

Describe the music of ONE of the prescribed dance works you studied this year (listed above). Include the following:

- 8.1 Give the names of the dance work and choreographer that you chose.
 - 8.2 Give the names of the composer, group or musicians. (1)
 - 8.3 What is the genre or style of the music? (1)
 - 8.4 Analyse how the music/accompaniment enhances this dance work. Give specific examples from the dance work. (4)
- [6]**

NOTE: You have a choice between QUESTION 9 and QUESTION 10.
Answer only ONE of these questions.

QUESTION 9: CHOREOGRAPHER AND DANCE WORK

Select ONE of the dance works and choreographers from the list on page 7 and prepare an interview for a television talk show. You must set relevant, interesting questions and give factual answers about the choreographer and the dance work.

Give the names of the choreographer and dance work that you chose.

Your interview must include the following:

- An introduction and conclusion
- Influences, associations and collaborations
- Movement vocabulary and choreographic style used
- Symbolism
- Contribution to the dance profession

[30]

OR

QUESTION 10: SOUTH AFRICAN DANCE WORK AND CHOREOGRAPHER

Prepare a presentation for dance learners on the choreographer, Alfred Hinkel, and the dance work, *Bolero/Last Dance*.

Your presentation must include the following:

- An introduction and conclusion
- Influences, associations and collaborations
- Movement vocabulary and choreographic style used and how it was innovative
- Symbolism, your opinion/interpretation
- Contribution to dance in South Africa

[30]

| | |
|-------------------------|------------|
| TOTAL SECTION B: | 60 |
| GRAND TOTAL: | 100 |