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Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

SENIOR CERTIFICATE EXAMINATIONS/ NATIONAL SENIOR CERTIFICATE EXAMINATIONS

DANCE STUDIES

2019

MARKS: 100

TIME: 3 hours

This question paper consists of 10 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO sections with 12 questions in total. Answer only EIGHT questions as follows:

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

- Answer FOUR of the six questions in this section.
- You have a choice between QUESTION 2 and QUESTION 3. If you answer both questions, only the FIRST answer will be marked.
- You have a choice between QUESTION 5 and QUESTION 6. If you answer both questions, only the FIRST answer will be marked.

SECTION B: DANCE HISTORY AND LITERACY (60 marks)

- Answer FOUR of the six 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.
- You have a choice between QUESTION 11 and QUESTION 12. If you answer more than ONE question, 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 A: SAFE DANCE PRACTICE AND HEALTH CARE**QUESTION 1: INJURIES (COMPULSORY)**

Andile has been diagnosed with tendonitis. His doctor advised him not to participate fully in his dance classes for two weeks.

- | | | |
|-----|---|-------------|
| 1.1 | Define <i>tendonitis</i> . | (1) |
| 1.2 | Name the simple first-aid treatment Andile could use at home to aid recovery from his tendonitis. | (1) |
| 1.3 | State THREE activities Andile could do to stay fit while he cannot participate fully in class. | (3) |
| 1.4 | Explain FIVE ways Andile could prevent tendonitis from occurring again in the future. | (5) |
| | | [10] |

NOTE: You have a choice between QUESTION 2 and QUESTION 3.
Answer only ONE of these questions.

QUESTION 2: COMPONENTS OF FITNESS – ENDURANCE (CHOICE)

- | | | |
|-----|---|-------------|
| 2.1 | A dancer needs both cardiovascular and muscular endurance in the dance class. | |
| | Define <i>cardiovascular endurance</i> and <i>muscular endurance</i> . | (2 x 2) (4) |
| 2.2 | Describe ONE exercise that could be done to improve stamina/endurance levels. | (1) |
| 2.3 | Explain FIVE factors that could cause a lack of endurance in a dancer. | (5) |
| | | [10] |

OR

QUESTION 3: COMPONENTS OF FITNESS – NEUROMUSCULAR SKILLS (CHOICE)

Dance requires a combination of various neuromuscular skills. Each skill is important for achieving a high level of dance performance.

- | | | |
|-----|--|-------------|
| 3.1 | Name any FIVE neuromuscular skills. | (5) |
| 3.2 | Explain how each of the FIVE skills named in QUESTION 3.1 would improve dance performance. | (5) |
| | | [10] |

QUESTION 4: MOVEMENT QUALITY (COMPULSORY)

For your final Grade 12 practical examination your dance solo required you to display excellent movement quality. What do you understand by *movement quality*?

Besides good dance technique, discuss at least FIVE other movement qualities that would captivate the examiner or an audience.

[10]

NOTE: You have a choice between QUESTION 5 and QUESTION 6.
Answer only ONE of these questions.

QUESTION 5: NUTRITION (CHOICE)

Good nutrition can improve a dancer's performance.

Give FIVE important nutritional TIPS your fellow dancers could follow.

Explain how EACH tip contributes to optimal performance.

[10]**OR**

QUESTION 6: MUSCLES AND ACTIONS (CHOICE)

[Source: media-cache-ak0.pinimg.com]

Study the photograph above and answer the questions that follow. Use anatomical terminology in your answers.

- 6.1 Identify ONE anatomical action occurring in the centre dancer's right hip joint. (1)
- 6.2 Name ONE muscle/muscle group responsible for the action in QUESTION 6.1. (1)
- 6.3 Identify ONE anatomical action occurring in the centre dancer's ankles. (1)
- 6.4 Name ONE muscle/muscle group responsible for the action in QUESTION 6.3. (1)
- 6.5 Identify which anatomical action is occurring in the dancer's knees. (1)
- 6.6 Name ONE muscle/muscle group responsible for the action in QUESTION 6.5. (1)
- 6.7 Identify ONE anatomical action occurring in the dancer's right shoulder joint. (1)
- 6.8 Name ONE muscle/muscle group responsible for the action in QUESTION 6.7. (1)
- 6.9 Identify which anatomical action is occurring in the dancer's left shoulder joint. (1)
- 6.10 Name ONE muscle responsible for the action in QUESTION 6.9. (1)
- [10]**

TOTAL SECTION A: 40

SECTION B: DANCE HISTORY AND LITERACY (COMPULSORY)**QUESTION 7: DANCE FORMS**

Redraw the table below in your ANSWER BOOK. Provide information as guided below about African Dance and ONE other dance form you studied at school.

AFRICAN DANCE			NAME THE OTHER DANCE FORM		
7.1	Explain, in full sentences, TWO recognisable movement principles specific to African Dance.	(2)	Explain, in full sentences, TWO recognisable movement principles specific to the other dance form selected.	(2)	
7.2	State TWO recognisable characteristics specific to the costumes/dress of African Dance.	(2)	State TWO recognisable characteristics specific to the costumes/dress of the other dance form selected.	(2)	
7.3	Name ONE recognisable characteristic specific to the music/accompaniment of African Dance.	(1)	Name ONE recognisable characteristic specific to the music/accompaniment of the other dance form selected.	(1)	

[10]**QUESTION 8: IMPROVISATION AND CHOREOGRAPHY (COMPULSORY)**

Throughout Grades 10 to 12 you explored various aspects of improvisation in your dance classes.

8.1 How has improvisation contributed to your development as a dancer/choreographer? (5)

8.2 Use the image below as a stimulus and draw up a plan for choreographing a new dance work.



[Source: media-cache-ak0.pinimg.com]

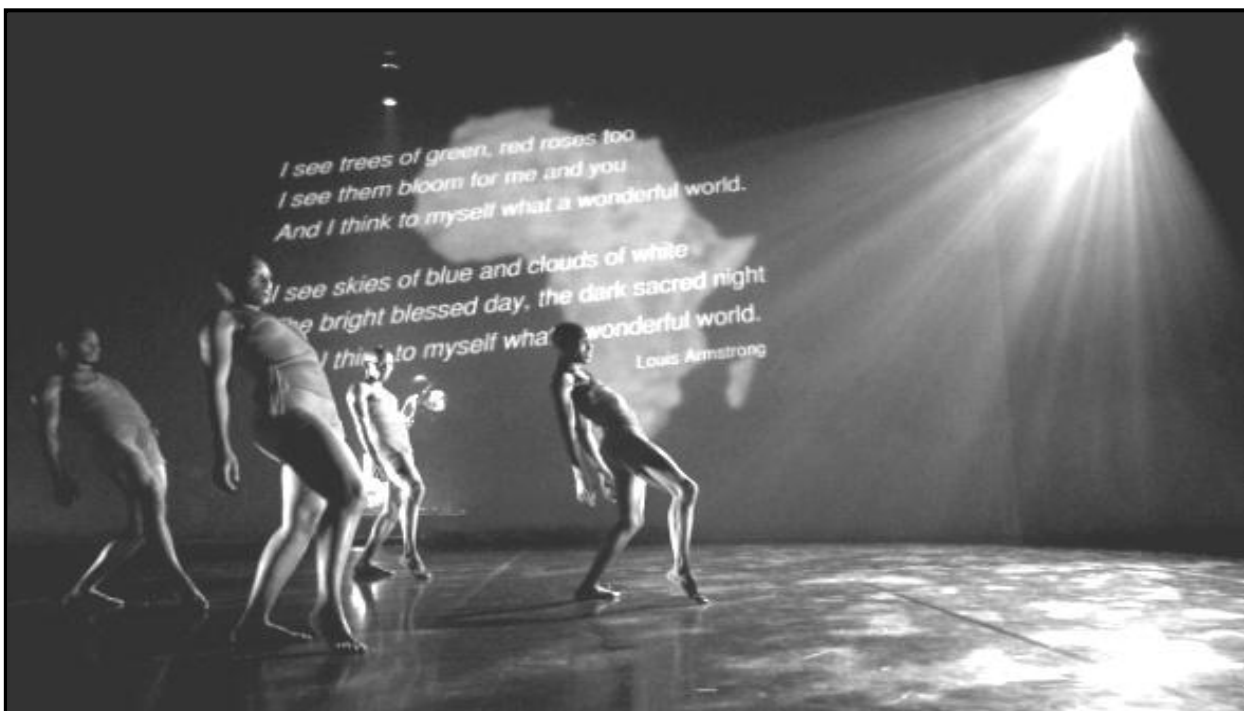
(5)
[10]

SOUTH AFRICAN CHOREOGRAPHERS AND DANCE WORKS

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

QUESTION 9: GREGORY MAQOMA'S *FOUR SEASONS* (CHOICE)

Four Seasons by Gregory Maqoma is an inspirational production
with an excellent cast and artistry.



[Source: Screen shot from the DVD]

- Give a brief background that led to Maqoma's development as a choreographer of note.
- Describe the message/intent Maqoma wanted to bring across to the audience through this dance work.
- Analyse how he used the movement vocabulary and production elements in each season to bring his message/intent across.
- Explain his innovative use of music in this production.
- Give your interpretation of the message that the ENDING of this dance work is communicating to the audience.

[20]

OR

**QUESTION 10: SOUTH AFRICAN CHOREOGRAPHER AND DANCE WORK
(CHOICE)**

SOUTH AFRICAN CHOREOGRAPHERS	DANCE WORKS
Alfred Hinkel	<i>Bolero/The Last Dance/Cargo/ Rain in a Dead Man's Footprints</i>
Carolyn Holden	<i>Imagenes</i>
Dada Masilo	<i>Swan Lake/Romeo and Juliet</i>
Gary Gordon	<i>Bessie's Head</i>
Gregory Maqoma	<i>Beauty Trilogy/Skeleton Dry/ Somehow Delightful</i>
Mavis Becker	<i>Flamenco de Africa</i>
Sylvia Glasser	<i>Tranceformations</i>
Veronica Paeper	<i>Orpheus in the Underworld/Carmen</i>
Hazel Acosta	<i>Blood Wedding</i>
Vincent Mantsoe	<i>Gula Matari</i>

Choose ONE of the prescribed South African choreographers and his/her dance work from the prescribed list above and answer the following:

- Give the name of the choreographer and dance work you are writing about.
- Provide information about the background, training, inspirations and influences that helped develop him/her as a choreographer.
- Describe the synopsis/intent of the work.
- Analyse the production elements and movement vocabulary used to symbolically convey the meaning of the work.
- Discuss the contributions this choreographer has made to dance in South Africa. Give specific examples to explain your answer.

[20]

INTERNATIONAL CHOREOGRAPHERS AND DANCE WORKS

NOTE: You have a choice between QUESTION 11 and QUESTION 12.
Answer only ONE of these questions.

QUESTION 11: CHRISTOPHER BRUCE'S *GHOST DANCES* (CHOICE)

Christopher Bruce's commendable dance work, *Ghost Dances*, is going to be performed in theatres in South Africa.

Write a press release informing the public of this upcoming event.

Include the following information in your press release:

- The title and information about dates when and where the work will be performed
- A brief description of Christopher Bruce's professional career which has led to his acclaim
- The background and synopsis of this dance work
- Examples of the production elements to excite the reader about what to expect in this work
- An insight into the movement vocabulary and how it symbolically portrays the message of this dance work
- Why South African audiences should view international dance works

[20]**OR**

**QUESTION 12: INTERNATIONAL CHOREOGRAPHER AND DANCE WORK
(CHOICE)**

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
Alvin Ailey	<i>Revelations</i>
George Balanchine	<i>Apollo/Jewels</i>
Jiří Kylián	<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>

Choose ONE of the prescribed international choreographers and his/her dance work from the table above.

You are hosting a film evening of dance at your school for dance students and enthusiasts. You are asked to deliver a speech before the dance film is screened.

Include the following in your speech:

- Give the title of the dance work and the name of the choreographer that you have selected.
- Highlight the importance of South African dance students learning about international dance history.
- Introduce the choreographer giving a brief biography of his/her career and contributions to the dance industry.
- Give a summary of the synopsis/theme of the work.
- Explain the choreographer's specific movement vocabulary and dance style used in this dance work.
- Draw attention to the symbolism expressed in the production elements.

[20]

TOTAL SECTION B: 60
GRAND TOTAL: 100