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Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

SENIOR CERTIFICATE EXAMINATION / NATIONAL SENIOR CERTIFICATE EXAMINATION

DANCE STUDIES

2021

POINTS: 100

TIME: 3 hours

This question paper consists of 11 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO sections with NINE 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 ALL the questions in this section.
- You have a choice between QUESTION 7.3 (a) and QUESTION 7.3 (b). Answer only ONE of the questions.

2. Number the answers correctly according to the numbering system used in this question paper.
3. Read each question carefully and pay attention to what is asked.
4. Write your answer in full sentences if you are asked to explain / write in detail / describe / analyze / evaluate / compare, etc. One-word answers will NOT be accepted.
5. You may do rough work planning in the ANSWER BOOK. Draw a line through any work that does NOT need to be marked.
6. You will be assessed on your ability to:
 - Write in only one language
 - Organize and clearly convey information
 - Use the specific format required in certain questions Use
 - specialist dance terminology, where necessary
7. Write neatly and legibly.

SECTION A: SAFE DANCE PRACTICE AND HEALTHCARE**QUESTION 1: DANCE INJURIES (COMPULSORY)**

- 1.1 Name ONE injury that can occur in the dancer's knee joint. (1)
- 1.2 Choose ONE of the letters in EMPIRE E. Explain this letter and why it is used in the immediate treatment of an injury. (1)
- 1.3 To prevent a knee joint injury in the dance class, explain THREE safe dance practices. (3)
- 1.4 Describe how you can stay physically and mentally active in the dance class while recovering from an injury. (5)
- [10]**

QUESTION 2: COMPONENTS OF FITNESS (COMPULSORY)

- 2.1 Give a definition for EACH of the components of fitness (2.1.1–2.1.3):
- 2.1.1. Core stability (1)
- 2.1.2 Neuromuscular skills (1)
- 2.1.3 Muscle endurance (1)
- 2.2 Give the neuromuscular skill that best fits the definitions below:
- 2.2.1 The ability to move quickly and effectively (1)
- 2.2.2 The ability to respond to changing circumstances (1)
- 2.3 Explain FIVE ways in which a dancer can improve his / her cardiovascular endurance / fitness. (5)
- 2.4 Analyze what components of fitness the dancer uses in the photo below to reach this position.



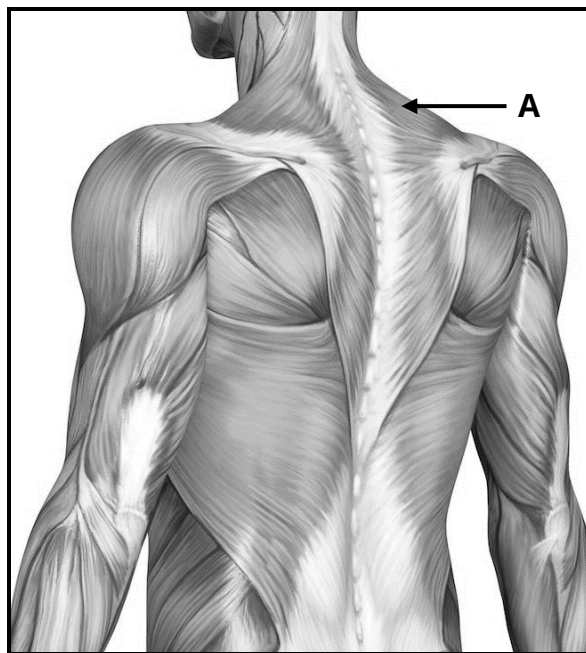
[Source:www.peddecordphoto.com]

(5)
[15]

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

QUESTION 3: MUSCLES AND ANATOMIC ACTIONS (CHOICE)

3.1 Study the photo below and answer the following questions.



[Source: www.stack.com]

3.1.1 Identify muscle **A**. (1)

3.1.2 Describe TWO ways in which muscle **A** a dancer can help maintain a good posture and body alignment in the dance class. (2)

3.2 Study the table below. Give an example of a dance movement (3.2.1–3.2.3).

ANATOMIC ACTION	DESCRIPTION OF MOVEMENT	EXAMPLE OF A DANCE MOVEMENT
Flexion	Reduce the angle of a knee joint	3.2.1 (1)
Rotation	A movement that includes rotation	3.2.2 (1)
Abduction	Movement away from the centerline of the body	3.2.3 (1)

3.3 Study the photo below and answer the following questions.



[Source:www.dailynebraskan.com]

- 3.3.1 Name TWO anatomical actions that take place in the dancer's trunk. (2)
- 3.3.2 Identify the main muscle group responsible for the anatomical action in the dancer's right knee joint. (1)
- 3.3.3 Name the main muscle group responsible for the anatomical action in the dancer's left knee joint. (1)
- [10]**

OR

QUESTION 4: GENERAL HEALTHCARE (CHOICE)

- 4.1 Indicate whether the following statements are TRUE or FALSE. Write 'true' or 'false' next to the question numbers (4.1.1 to 4.1.3) in the ANSWER BOOK. Give a reason if the answer is FALSE.
- 4.1.1 Protein is essential for the recovery of injured muscles. (1)
- 4.1.2 A dancer's main source of energy should come from energy drinks or energy bars. (1)
- 4.1.3 Dehydration has no effect on 'a dancer say ability to concentrate in the dance class. (1)
- 4.2 Explain why it is important to learn relaxation techniques. (3)
- 4.3 Analyze how a healthy lifestyle can benefit a dancer's performance. (4)
- [10]**

QUESTION 5: DANCE PERFORMANCE / PERFORMANCE (COMPULSORY)

Name your main dance form. Explain the correct technique in your main dance form to perform a turn. **[5]**

TOTAL SECTION A: 40

SECTION B: DANCE HISTORY AND LITERACY**QUESTION 6: IMPROVISION AND CHOREOGRAPHY (COMPULSORY)**

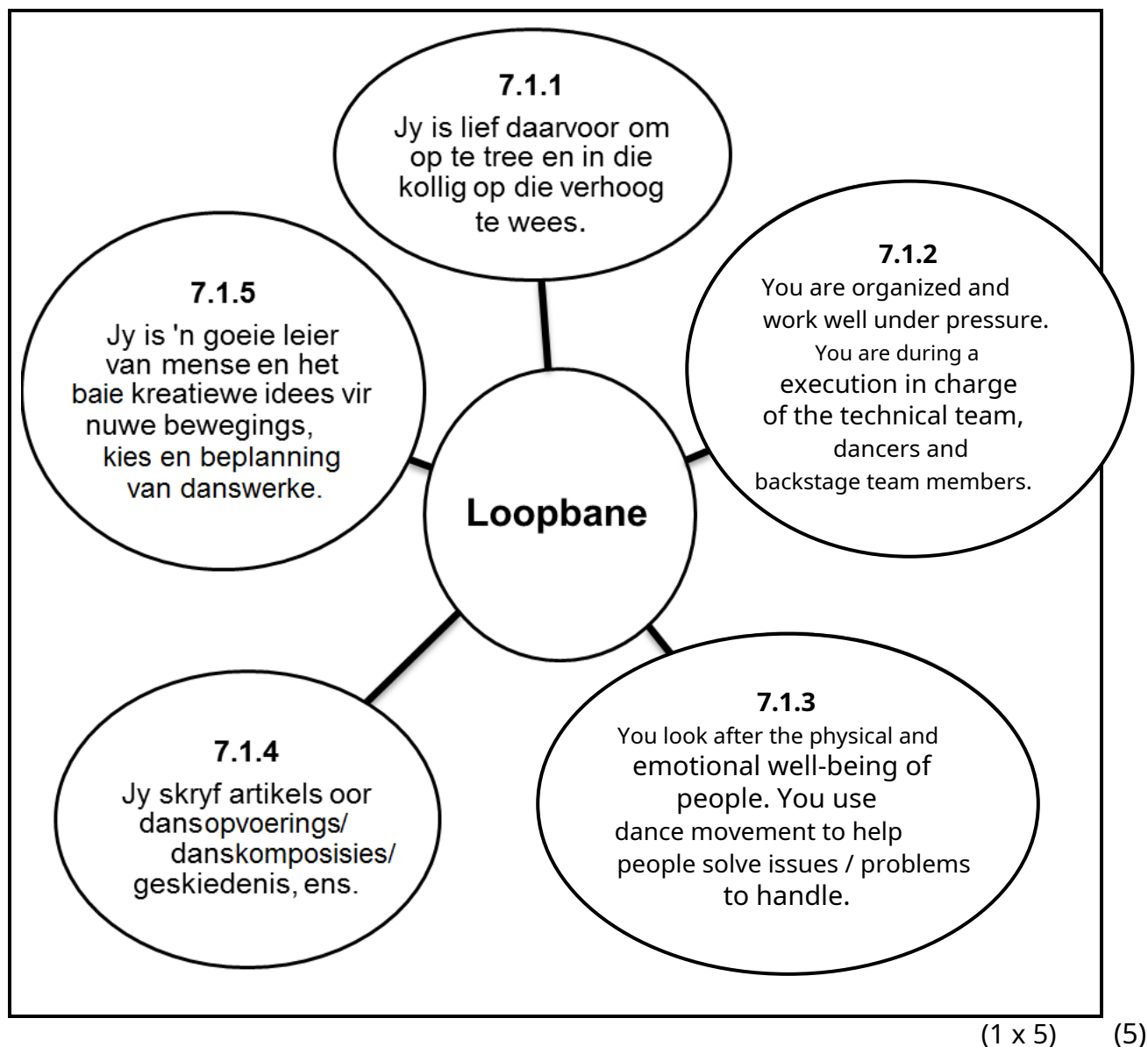
- 6.1 Give ONE word for each of the following descriptions by selecting a word from the list below. Write only the word next to the question numbers (6.1.1 to 6.1.5) in the ANSWER BOOK.

symmetry;	duration;	asymmetry;	force;	motive;
levels;	gesture;	direction;	tempo	

- 6.1.1 How long a phrase or movement lasts (1)
- 6.1.2 A shape made by a dancer's body that is identical to the right and left sides of the body (1)
- 6.1.3 The different heights a dancer can move to attract attention (1)
- 6.1.4 The amount of energy used during movement (1)
- 6.1.5 Use an everyday movement to convey an idea, meaning or an emotion (1)
- 6.2 Give THREE detailed tips to keep in mind when dancers dance together during contact improvisation. (3)
- 6.3 Explain THREE advantages of improvisation in dance. (3)
- 6.4 In your opinion, explain how technology has affected the dance industry. (4)
- [15]**

QUESTION 7: HISTORY OF MAIN DANCE FORM (COMPULSORY)

- 7.1 The statements below describe the skills required for some careers in the dance industry. Give the name of the career that best suits EACH statement.



- 7.2 Choose TWO dance genres of which ONE should be African dance.

Name the TWO dance genres you have chosen.

Compare the recognizable features below. Explain EACH attribute in full.

- | | | |
|-------|-----------------------|-----|
| 7.2.1 | Music / Accompaniment | (2) |
| 7.2.2 | Costumes / Clothing | (2) |
| 7.2.3 | Gender-specific roles | (2) |

PLEASE NOTE: You have a choice between QUESTION 7.3 (a) and QUESTION 7.3 (b). Answer only ONE of these questions.

7.3 (a) Your local gym wants to offer dance classes.

Write a short motivation on how customers from dance classes at the gym will benefit.

(4)

OR

(b) In a dance performance, explain how dance and music complement each other.

(4)
[15]

QUESTION 8: PRESCRIBED CHOREOGRAPHER (COMPULSORY)

Choose ONE of the choreographers you have studied from the prescribed list below.

Write an ARTICLE for an art magazine about the life story of the choreographer you studied. Include the following:

- The name of the choreographer you have chosen
- Write in article format
- Interesting facts about the choreographer's life story
- Contribution to the dance industry and / or society

[10]

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

INTERNATIONAL CHOREOGRAPHER	DANCE WORKS
Alvin Ailey	<i>Revelations</i>
Martha Graham	<i>Lamentations</i> OR <i>Errand into the Maze</i>
George Balanchine	<i>Apollo</i> OR <i>Jewels</i>
Christopher Bruce	<i>Ghost Dances</i> OR <i>Grill</i>
Mathew Bourne	<i>Swan lake</i> OR <i>Cinderella</i>
Pina Bausch	<i>The Rite of Spring</i>
William Forsythe	<i>In the Middle, Somewhat Elevated</i>
Mats Ek	<i>Giselle OF Swan Lake</i> OR <i>Carmen</i>
Rudi van Dantzig	<i>Four Last Songs</i>
Jiri Kylián	<i>Wings of Wax</i> OR <i>Stamping Ground</i>

QUESTION 9: PRESCRIBED DANCE WORK (COMPULSORY)

Choose ONE dance work that you have studied from the prescribed list on page 10.

Write an ESSAY and include the following:

- The name of the dance work you have chosen
- Write in essay format
- Overview of / Theme of / Inspiration for the dance
- work Music / Accompaniment used
- Symbolism / Intention used in the dance work
- Give a critical analysis of how the choreographer gave meaning to the movements in the dance work

[20]

TOTAL SECTION B:	60
GRAND TOTAL:	100