



Province of the
EASTERN CAPE
EDUCATION

**NATIONAL
SENIOR CERTIFICATE**

GRADE 11

NOVEMBER 2016

DANCE STUDIES

MARKS: 100

TIME: 3 hours



This question paper consists of 8 pages.

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TEN questions. Answer only NINE questions.
2. This question paper consists of TWO sections:
3. **SECTION A: SAFE DANCE PRACTICE AND HEALTHCARE – 40 MARKS**
SECTION B: DANCE HISTORY AND LITERACY – 60 MARKS
4. **SECTION A:** Consists of FIVE questions. Answer only FOUR questions in this section. Note that you have a choice between QUESTION 2 and QUESTION 3 in this section. If you answer both questions, only the first question answered will be marked.
SECTION B: Consists of FIVE questions. Answer all the questions in this section.
5. Number the answers correctly according to the numbering system used in this question paper.
6. Read each question carefully and take note of what is required.
7. You may do rough planning in the ANSWER BOOK. Draw a line through any work that should NOT be marked.
8. You will be assessed on your ability to:
 - Use only one language when answering
 - Organise and communicate information clearly
 - Use the specific format asked for in certain questions
 - Use correct dance terminology where appropriate
9. Write neatly and legibly.

SECTION A SAFE DANCE PRACTICE AND HEALTHCARE

QUESTION 1 ALIGNMENT/CORE STABILITY

- 1.1 Describe the alignment of a dancer’s body. (2)
 - 1.2 Explain why core stability is important to a dancer. (3)
 - 1.3 How can core stability be developed by a dancer? (3)
 - 1.4 Explain ONE exercise that will help to develop core stability. (2)
- [10]**

**YOU HAVE A CHOICE BETWEEN QUESTION 2 AND QUESTION 3.
ANSWER ONLY ONE QUESTION.**

QUESTION 2 (CHOICE QUESTION) – JOINTS/ANATOMICAL ACTIONS

2.1 Draw the following table in your answer book and fill in the following:

	Type of joint	Body part where it is found	ONE anatomical movement	
2.1.1	Ball-and-socket joint			(2)
2.1.2	Hinge joint			(2)

- 2.2 Explain FOUR functions of the skeleton. (4)
- 2.3 What kind of movement can be seen in the following:

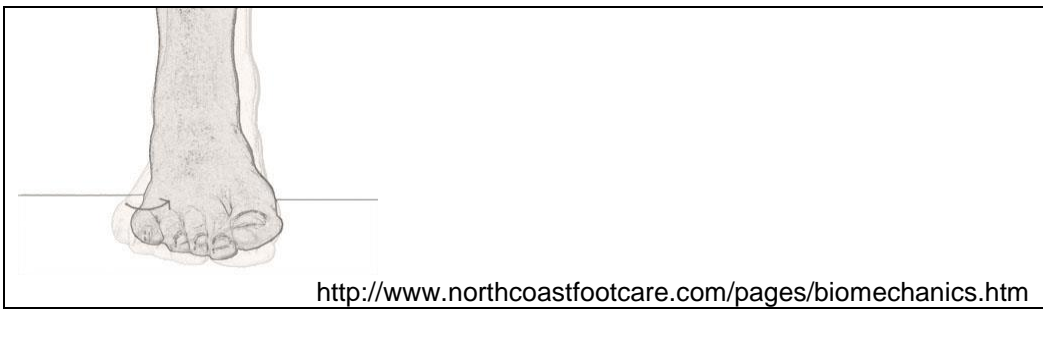
2.3.1



<http://www.northcoastfootcare.com/pages/biomechanics.htm>

(1)

2.3.2



<http://www.northcoastfootcare.com/pages/biomechanics.htm>

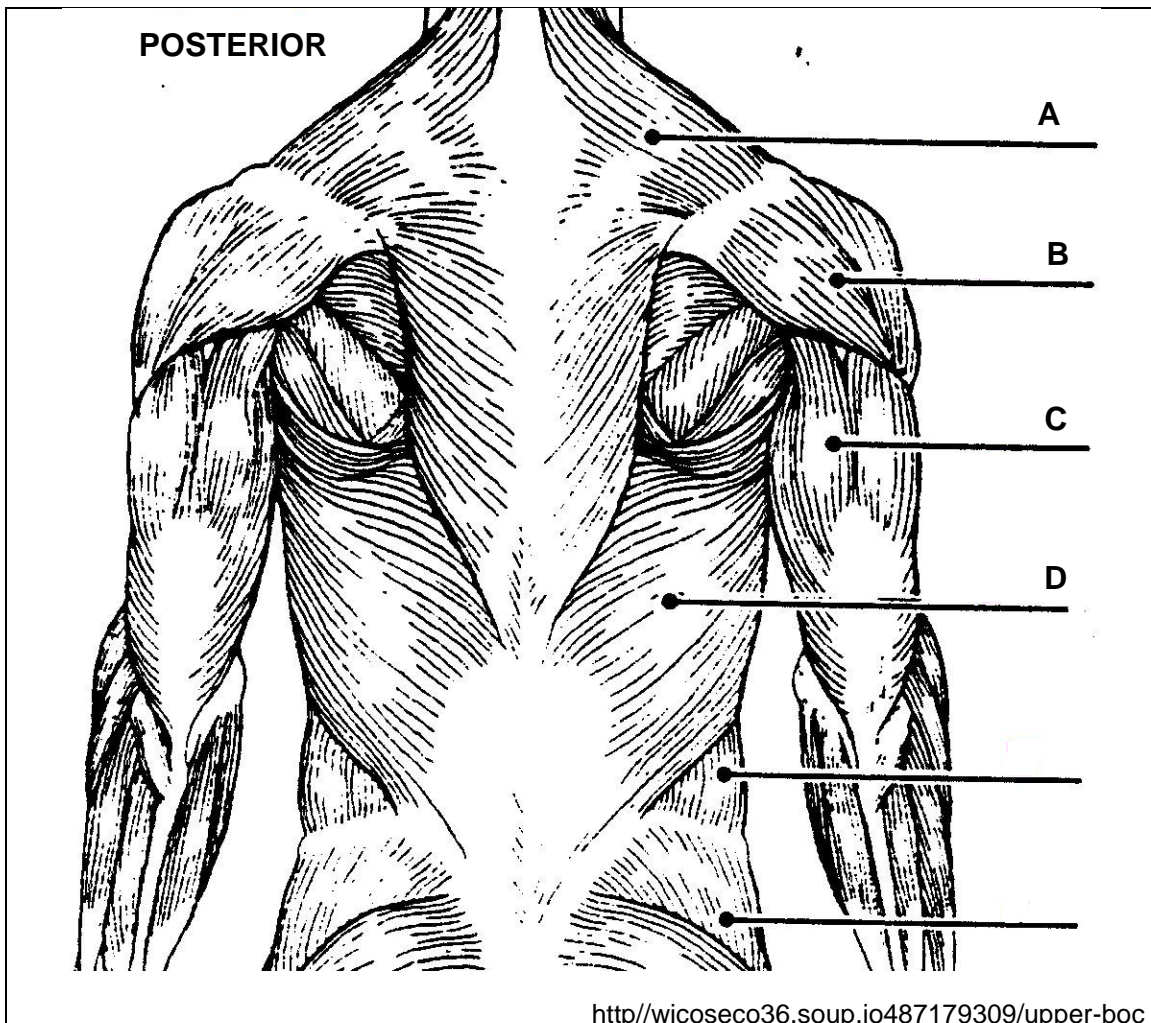
(1)

[10]

OR

QUESTION 3 (CHOICE QUESTION) – MUSCLES/ANATOMICAL ACTIONS

3.1 Name the muscles indicated in the diagram below. Write only the answer next to A, B, C and D in your answer book.



(4)

3.2 Complete the following sentences on anatomical actions by filling in the missing words.

3.2.1 ... is movement laterally away from the mid-line of the body. (1)

3.2.2 ... is the circular movement turning around an axis. (1)

3.2.3 ... is to point the toes/foot. (1)

3.2.4 ... is to open a joint or increase the angle between two joints. (1)

3.3 Name any TWO muscles used for core stability. (2)

[10]

QUESTION 4 FEET/SHIN SPLINTS

- 4.1 Describe the demands that are placed on a dancer's feet during dance classes. (2)
- 4.2 How would you develop strength and flexibility in a dancer's feet? (2)
- 4.3 What can you do to prevent athlete's feet? (2)
- 4.4 Discuss the treatment for shin splints. (4)
- [10]**

QUESTION 5 STEREOTYPING/POSITIVE BODY IMAGE/NUTRITION

- 5.1 Describe TWO ways to prevent stereotyping in dance. (2)
- 5.2 Explain advantages of a positive body image. (3)
- 5.3 Explain the different types of foods that should be included in a dancer's diet to stay healthy. (2)
- 5.4 Discuss the positive effects that good nutrition will have on the body. (3)
- [10]**

TOTAL SECTION A: 40

SECTION B DANCE HISTORY AND LITERACY**QUESTION 6 DANCE FORMS/PRINCIPLES**

- 6.1 Describe THREE dance movements used in African dance. Principles may be included. (3)
- 6.2 Give the name of your dance major and explain FOUR of its principles. (4)
- 6.3 Why is it important to study dances from other cultures? (3)
- [10]**

QUESTION 7 INTERNATIONAL CHOREOGRAPHER

Choose a prescribed International Choreographer from the list below and answer the following questions:

BELOW IS A PRESCRIBED LIST OF THE INTERNATIONAL CHOREOGRAPHERS AND THEIR DANCE WORKS

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
George Balanchine	<i>Appollo/Jewels</i>
Alvin Ailey	<i>Revelations</i>
Martha Graham	<i>Lamentation/Errand into the Maze</i>
Christopher Bruce	<i>Ghost Dancers</i>
Mathew Bourne	<i>Swan Lake/Cinderella</i>
Pina Bausch	<i>Rites of spring</i>
William Forsythe	<i>In the middle, somewhat elevated</i>
Mats Ek	<i>Giselle/Swan Lake/Carmen</i>
Rudi van Dantzig	<i>Four Last Songs</i>
Jiri Killian	<i>Wings of wax</i>

- 7.1 Give the name of the choreographer. (4)
- 7.2 Describe the choreographer's background and training as a dancer. (4)
- 7.3 Explain how the choreographer's choreographic career developed. (4)
- 7.4 Explain the characteristics of the dance style used by this choreographer in his/her dance works. (4)
- 7.5 As a South African dance student, why do you think it is important to learn about international dance history? (3)
- [15]**

QUESTION 8 SOUTH AFRICAN DANCE WORK

Choose one SOUTH AFRICAN CHOREOGRAPHER and a DANCE WORK from the prescribed list below and answer the following questions:

BELOW IS A PRESCRIBED LIST OF THE SOUTH AFRICAN CHOREOGRAPHERS AND THEIR DANCE WORKS.

SOUTH AFRICAN CHOREOGRAPHERS	DANCE WORKS
Veronica Paeper	Orpheus in the Underworld/ Carmen
Vincent Mantsoe	Gula Matari
Alfred Hinkel	Last Dance (Bolero)/Rain in a dead man's footprints/Cargo
Sylvia Glasser	Tranceformations
Gary Gordon	Bessie's Head
Mavis Becker	Flamenco de Africa
Hazel Acosta	Blood Wedding
Caroline Holden	Imagenes
Gregory Maqoma	Beauty Trilogy/Skeleton Dry/

- 8.1 Give the name of the choreographer and the dance work.
- 8.2 Describe the story/synopsis of the dance work. (5)
- 8.3 Give an explanation of the production elements like costume, set design and music. (4)
- 8.4 Explain the characteristics of the dance style used by this choreographer. (3)
- 8.5 Discuss the choreographer's contribution to dance. (3)
- [15]**

QUESTION 9 MUSICALITY/INSTRUMENTS/CATEGORIES

- 9.1 Explain why musicality is important in dance. (2)
- 9.2 List TWO other ways besides music that dancers/choreographers can use as accompaniment while dancing. (2)
- 9.3 Explain how the following music categories produce sound and name ONE instrument for each of the categories.
- 9.3.1 Aerophone (2)
- 9.3.2 Chordophone (2)
- 9.3.3 Electrophone (2)
- [10]**

**QUESTION 10 PRODUCTION ROLES/CHOREOGRAPHIC ELEMENTS/
PERFORMANCE SPACES**

- 10.1 Choose any THREE of the production careers below and explain what each career involves. (3)

Stage manager	Marketing manager	Dance manager
Front of house manager	Technical manager	

- 10.2 Explain the following choreographic elements:

10.2.1 Transitions (1)

10.2.2 Climax (1)

10.2.3 Sequencing (1)

- 10.3 Discuss the features of the following performance spaces:

10.3.1 Proscenium arch (2)

10.3.2 Tribal/Indigenous setting (2)

[10]

TOTAL SECTION B: 60

GRAND TOTAL: 100