



**DANCE STUDIES**

Time: 3 hours

150 marks

---

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY**

1. This question paper consists of 10 pages, 4 music tracks and an Answer Sheet. Please check that your question paper is complete.
2. Read the questions carefully.
3. Number your answers exactly as the questions are numbered.
4. You are required to **choose** between QUESTION 9 and QUESTION 10. Answer **all** the other questions.
5. All answers must be in essay/paragraph format unless otherwise stated.
6. Question 7.1 must be answered on the Answer Sheet.
7. Begin each section on a new page.
8. Leave **THREE** lines open after each answer.
9. It is in your own interest to write legibly and to present your work neatly. No Tippex is allowed.
10. Credit will be given (where appropriate) for:
  - interpretation and explanation.
  - evidence of personal observation and understanding.
11. You may choose to stand up and move your body at your desk for some anatomy questions.
12. Please use the voice label for each music track to determine which track needs to be listened to for each question. It is advisable to answer Section B first. Listen to the music on the CD/MP3 and answer the questions.

**SECTION A HISTORY**

Refer to the table of the prescribed choreographers and dance works below to answer both QUESTION 1 and QUESTION 2. **DO NOT write on the same choreographer twice.**

INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS	SOUTH AFRICAN CHOREOGRAPHERS	DANCE WORKS
Alvin Ailey	<i>Revelations</i>	Alfred Hinkel and Magnet Theatre	<i>Cargo</i>
Sir Kenneth Macmillan	<i>Romeo and Juliet</i>	Alfred Hinkel	<i>Last Dance (Bolero)</i>
Christopher Bruce	<i>Ghost Dancers</i>	Gregory Maqoma	<i>Four Seasons</i>

*"In a society that worships love, freedom, and beauty, dance is sacred. It is a prayer for the future, a remembrance of the past and a joyful exclamation of thanks for the present."*

*Amelia Atwater-Rhodes*

**QUESTION 1**

Many choreographers use their skill to communicate an idea, feelings or message to the audience. Choose an International choreographer and a dance work from the list provided and reflect on how the quotation above can be related to the work.

Use the guidelines below:

- Name the dance work and choreographer you will be referring to.
- Give a brief biographical overview of the choreographer, including information on his training, influences and inspirations. (8)
- With reference to the quotation above, refer to how the choreographer has utilised choreographic, theatrical/production elements and movement vocabulary to communicate his intent. (17)

Use the following rubric to guide your answer.

Levels	Criteria
<b>7 (25–20 marks)</b>	The candidate's response is mostly clear, insightful and accurate. He/she discusses the dance work in detail with reference to the quotation. Is able to substantiate clearly and convincingly how the choreographer uses movement vocabulary and production elements to convey his/her ideas.
<b>6 (19–18 marks)</b>	The candidate's response is good, showing some insight and accuracy. He/she includes good information with reference to the quotation, giving good insight into how the choreographer uses movement vocabulary and production elements to convey his/her ideas.
<b>4–5 (17–16 marks)</b>	The candidate's response is fair but is lacking in insight and accuracy. He/she includes some information with reference to the quotation, giving adequate insight into how the choreographer uses movement vocabulary and production elements to convey his/her ideas.
<b>3 (15–13 marks)</b>	The candidate's response shows some knowledge of the facts but lacks insight and substantiation. He/she includes very little information with reference to the quotation and provides little insight into how the choreographer uses movement vocabulary and production elements to convey his/her ideas.
<b>2 (12–9 marks)</b>	The candidate's response is weak, showing very little insight and accuracy. The information with reference to the quotation and on how the choreographer uses movement vocabulary and production elements to convey his/her ideas lacks detail and substantiation.
<b>1 (8–0 marks)</b>	The candidate fails to give an adequate answer to the question.

[25]

## QUESTION 2

Choose a South African choreographer and write a review for *The Star* newspaper. Give your own opinion as to whether the choreographer has been successful, through his/her choreography, in portraying what he/she intended to portray.

In your discussion include:

- The name of the choreographer and dance work selected.
- Give your review an eye-catching heading. (1)
- A synopsis of the dance work. (6)
- Describe how the choreographer conveys his/her ideas.  
Refer to movement, costume, music, lighting and any other theatrical elements. (13)
- Give a substantiated opinion of your impression of the dance work. (5)

Use the following rubric to guide your answer.

Levels	Criteria
<b>7 (25–20 marks)</b>	The candidate's response is mostly clear, insightful and accurate. He/she discusses how the choreographer brings his/her ideas across fully and is able to substantiate his/her ideas clearly and convincingly.
<b>6 (19–18 marks)</b>	The candidate's response is good, showing some insight and accuracy. He/she includes good information on how the choreographer conveys his/her ideas, giving good examples and explanations.
<b>4–5 (17–16 marks)</b>	The candidate's response is fair but is lacking in insight and accuracy. He/she includes some information on how the choreographer conveys his/her ideas giving adequate examples and explanations.
<b>3 (15–13 marks)</b>	The candidate's response shows some knowledge of the facts but lacks insight and substantiation. He/she includes very little information on how the choreographer conveys his/her ideas and provides few examples or explanations.
<b>2 (12–9 marks)</b>	The candidate's response is weak, showing very little insight and accuracy. The information on how the choreographer's ideas are conveyed lacks detail and substantiation.
<b>1 (8–0 marks)</b>	The candidate fails to give an adequate answer to the question.

**[25]**

### QUESTION 3

An International Dance Conference is to be held in Cape Town. You have been asked to take the international delegates to a performance of your selected dance major. Prepare an information sheet to guide their viewing of the performance.

You must include the following:

- The name of your dance major.
- Discuss FIVE principles from your dance major, giving a detailed explanation of each.  
(You are not required to use French terminology) (5)

Explain to the delegates that there are many life skills and career paths/choices offered through studying Dance.

- Reflect on THREE life skills that you have attained and valued through your experience as a dancer. In your response explain how these will benefit you once you have completed your school career. (3)
  - Name TWO careers in the dance industry, other than 'performance'. (2)
- [10]**

<b>60 marks</b>
-----------------

**SECTION B MUSIC**

**QUESTION 4**

Match the appropriate word in Column B to the description in Column A.

Write your chosen letter next to the appropriate number from the table, e.g. 4.1 G.

	<b>COLUMN A</b>		<b>COLUMN B</b>
4.1	Techno, House, Acid jazz	A	Folk
4.2	Ragtime, Blues, Swing, New Orleans style	B	Electronic
4.3	Associated with traditional dances, National dances	C	Jazz
4.4	Samba, Rumba, Cha-cha	D	Classical
4.5	Orchestra, Mozart, Vivaldi	E	Stage and screen
4.6	Cabaret and musicals	F	Latin American

**[6]**

**QUESTION 5**

There are four tracks on your CD. Listen to all four and give the following information:

- 5.1 Identify the time signature of each track. Remember to number the tracks carefully according to the CD. (For example, Track 1, Track 2, Track 3 and Track 4.) (4)
- 5.2 Listen to tracks 2 and 3 on the CD. Which Italian terms would best describe these tracks? (2)
- 5.3 Choose one of the tracks on the CD and describe how you would use the music in a choreographic work. Analyse the concept and movement vocabulary you would use and how this is influenced by the music. (Do not forget to indicate the chosen track.) (4)
- 5.4 Give a definition of the music elements listed below.
  - 5.4.1 Time signature
  - 5.4.2 Musicality
  - 5.4.3 Pitch
  - 5.4.4 Melody
  - 5.4.5 Rhythm (5)

**[15]**

**QUESTION 6**

When studying a dance work, you spend some time listening to and looking at the choreographer's choice of music. Discuss the music from one of the dance works you have studied.

Make reference to the following:

- Identify the dance work and the choreographer.
  - Supply information about the composer, i.e. his/her name and nationality. (2)
  - Describe the style and instrumentation of the music. (4)
  - Explain how the music contributes to the dance work. (3)
- [9]**

<b>30 marks</b>
-----------------

**SECTION C ANATOMY AND HEALTHCARE****QUESTION 7**

Study the diagram of the muscles of the body on the Answer Sheet and do the following:

**Remember to write your examination number on the Answer Sheet.**

7.1 Label the following muscles on the diagram. Draw a line to each muscle and write the name alongside it.

- Deltoid
- Latissimus Dorsi
- Triceps Brachii
- Serratus Anterior
- Rectus Abdominis
- Gluteus Maximus
- Biceps Femoris
- Rectus Femoris
- Gastrocnemius
- Tibialis Anterior

(10)

7.2 List the anatomical actions of the muscles listed below.

Provide the answer to Question 7.2 in your Answer Book. (Note: the mark allocation per muscle indicates how many actions you must mention.)

7.2.1 Sternocleidomastoid (3)

7.2.2 Latissimus Dorsi (3)

7.2.3 External Oblique (3)

7.2.4 Rectus Femoris (1)

7.2.5 Gastrocnemius (2)

7.2.6 Tibialis Anterior (2)

**[24]**

**QUESTION 8**

Study the photograph of the dancer in action below and answer the questions that follow.



[Source: <<https://www.cnbc.com/2016/07/29/misty-copelands-grand-leap-from-homelessness-to-ballet-megabrand.html>>]

Give the anatomical actions and the muscle responsible in the dancer (Refer to mark allocations).

- |     |               |     |
|-----|---------------|-----|
| 8.1 | LEFT hip      | (3) |
| 8.2 | RIGHT knee    | (2) |
| 8.3 | RIGHT ankle   | (2) |
| 8.4 | LEFT shoulder | (2) |
| 8.5 | LEFT elbow    | (2) |
- [11]**



**ANSWER EITHER QUESTION 9 OR QUESTION 10.**

**QUESTION 9**

It is generally accepted that a dancer should acquire the following components of fitness:

- Muscular strength (3)
- Neuromuscular skills (3)
- Stamina (3)

Redraw the table in your Answer Book and give a clear and concise explanation of each of these components of fitness.

	<b>Definition</b>	<b>An exercise to improve skills</b>	<b>The benefit of improved skills</b>
<b>Muscular strength</b>			
<b>Neuromuscular skills</b>			
<b>Stamina</b>			

**[9]**

**OR**

**QUESTION 10**

Warming up is essential for any dancer before a performance. The way you warm up is specific to the kind of movements the dancers will perform.

- Explain the purpose of a good warm-up routine. (3)
- Explain the physiological changes in the body when warming up. (3)
- Create a warm-up exercise specific to your dance major. (3)

**[9]**

**QUESTION 11**

Most dancers train between 6 to 35 hours per week. Due to the number of training hours and the repetition involved in Dance, many of the injuries sustained by dancers are overuse injuries rather than acute injuries. This means that the injury is the result of gradual wear and tear that progressively worsens over time, rather than being caused by one specific incident. It is very important to have these types of injuries treated early, and the cause of the injury corrected so that the injury doesn't worsen to a point where it is restricting everyday activities, including dancing.

[Source: <<https://physioworks.com.au/Injuries-Conditions/Activities/dance-injuries>>]

**CHOOSE ONE OF THE FOLLOWING INJURIES TO DISCUSS:**

**TENDONITIS                      OR                      SHIN SPLINTS**

- 11.1 Provide a clear definition of the injury you have chosen to discuss. (2)
- 11.2 Name TWO symptoms of the injury. (2)
- 11.3 List FOUR factors related to the causes of the dance injury you selected. (4)
- 11.4 Most injuries can be treated using self-care techniques. Discuss RICE therapy. (8)

**[16]**

**60 marks**

**Total: 150 marks**