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Department:
Basic Education

REPUBLIC OF SOUTH AFRICA

SENIOR CERTIFICATE EXAMINATIONS/ NATIONAL SENIOR CERTIFICATE EXAMINATIONS

DANCE STUDIES

2023

MARKS: 150

TIME: 3 hours

**This question paper consists of 10 pages.
This question paper must be printed in full colour.**

INSTRUCTIONS AND INFORMATION

1. This question paper consists of TWO sections with EIGHT questions in total.
2. SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE (60 marks)
 - Answer ALL FOUR questions in this section.SECTION B: DANCE HISTORY AND LITERACY (90 marks)
 - Answer ALL FOUR questions in this section.
3. Number the answers correctly according to the numbering system used in this question paper.
4. Read each question carefully and take note of what is required.
5. Read the ACTION VERB at the start of each question to see what is required.

EXAMPLES OF ACTION VERBS USED IN THE QUESTIONS:
LOW-LEVEL QUESTIONS: choose, find, name, match, define, true or false
MEDIUM-LEVEL QUESTIONS: describe, explain, elaborate
HIGH-LEVEL QUESTIONS: analyse, evaluate, argue, give opinion
6. You may do rough planning in your ANSWER BOOK. Draw a line through any work that should NOT be marked.
7. You will be assessed on your ability to:
 - Write in one language only
 - Organise and communicate information clearly
 - Use the specific format asked for in certain questions
 - Use specialist dance terminology, where appropriate
8. Write neatly and legibly.

SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE**QUESTION 1: INJURIES**

1.1 Various options are provided as possible answers to the following questions. Choose the correct answer and write only the letter (A–D) next to the question numbers (1.1.1 to 1.1.5) in the ANSWER BOOK, e.g. 1.1.6 B.

- 1.1.1 The term RICE refers to a/an ...
- A breathing technique.
 - B first-aid treatment.
 - C food group.
 - D exercise. (1)
- 1.1.2 A warm-up ...
- A increases the body temperature.
 - B produces lactic acid in the body.
 - C causes stiff muscles.
 - D decreases range of movement. (1)
- 1.1.3 A cool down is done ...
- A at the beginning of the dance class.
 - B once a month.
 - C at the end of the dance class.
 - D only when you feel like it. (1)
- 1.1.4 Inflammation is ...
- A a tear in a muscle.
 - B swelling or redness around a joint.
 - C when joints are not aligned.
 - D a sudden twisting of a joint. (1)
- 1.1.5 A symptom of a muscle cramp is ...
- A poor flexibility.
 - B a torn ligament.
 - C increased heart rate.
 - D pain caused by contraction. (1)

- 1.2 Study the surface/ground shown in the image below and answer the questions that follow. (This image is in black and white.)



[Source: <https://za.pinterest.com/pin/914862416410985/>]

- 1.2.1 Identify THREE challenges the dancer in the image could face dancing on this surface and explain how it could cause an injury. (3 x 2) (6)
- 1.2.2 Explain what the dancer in the image above could do to land safely from this position. (4) [15]

QUESTION 2: COMPONENTS OF FITNESS

Answer the following questions.

2.1 FLEXIBILITY

2.1.1 Provide a definition. (1)

2.1.2 Explain the difference between *static* and *dynamic stretching*. (2)

2.2 MUSCULAR STRENGTH

2.2.1 Provide a definition. (1)

2.2.2 Explain how a lack of muscular strength could affect partner work. (3)

2.3 CORE STABILITY

2.3.1 Provide a definition. (1)

2.3.2 Name TWO exercises that could develop core stability. (2)

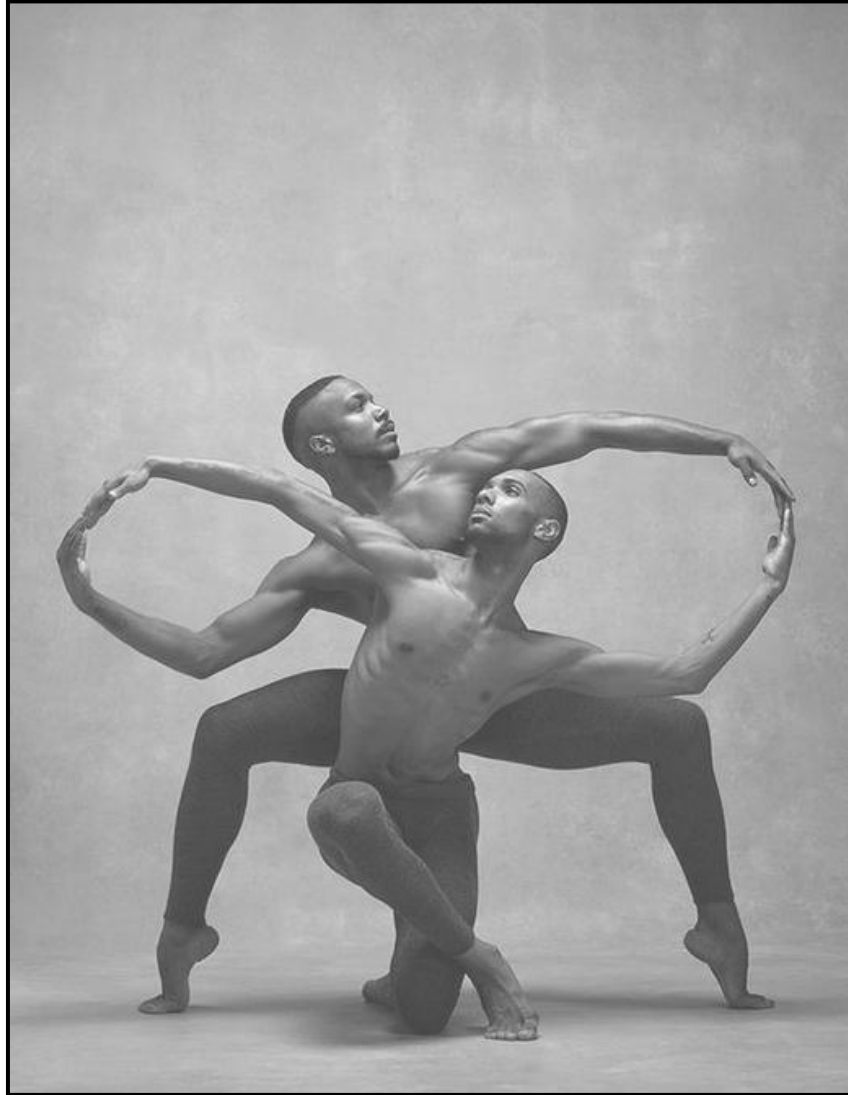
2.4 ENDURANCE

2.4.1 Provide a definition. (1)

2.4.2 Explain the difference between the TWO types of endurance. (2)

2.5 NEUROMUSCULAR SKILLS

Refer to the image below and answer the question that follows. (This image is in black and white.)



[Source: <https://za.pinterest.com/pin/462322718009287244/>]

Analyse how neuromuscular skills are being used by the dancers above. Substantiate your answer with examples.

(7)
[20]

QUESTION 3: GENERAL HEALTH CARE

- 3.1 Explain how unhealthy habits and/or peer pressure could affect a dancer's commitment, focus and concentration. (6)
- 3.2 Identify TWO reasons why hydration is important and explain why it will improve a dancer's performance. (2 x 2) (4)
- [10]**

QUESTION 4: DANCE PERFORMANCE

- 4.1 Describe how you could use the following performance skills in dance:
- 4.1.1 Expression (1)
 - 4.1.2 Interpretation (1)
 - 4.1.3 Presence (1)
 - 4.1.4 Projection (1)
 - 4.1.5 Personalisation (1)
 - 4.1.6 Dynamics (1)
 - 4.1.7 Musicality (1)
 - 4.1.8 Attention to detail (1)
 - 4.1.9 Fluency (1)
- 4.2 Name your dance major.
Identify THREE main principles of your dance mayor.
- Describe how you would demonstrate each of these THREE principles in your solo dance performance. (6)
- [15]**

TOTAL SECTION A: 60

SECTION B: DANCE HISTORY AND LITERACY**QUESTION 5: IMPROVISATION AND CHOREOGRAPHY**

- 5.1 Choose a description from COLUMN B that matches a term in COLUMN A. Write only the letter (A–E) next to the question numbers (5.1. 1 to 5.1.5) in the ANSWER BOOK, e.g. 5.1.6 F.

COLUMN A		COLUMN B	
5.1.1	Syncopation	A	the unique sound an instrument makes
5.1.2	Pitch	B	a group of notes played together to make a tune
5.1.3	Timbre	C	when two or more rhythms are played at the same time
5.1.4	Melody	D	how high or low a note is
5.1.5	Polyrhythm	E	when a weak or half beat is accented

(5 x 1)

(5)

- 5.2 During the development of your choreography PAT it was important to keep record of your progress. Explain how you used your journal during this process.

(8)

- 5.3 Explain how dance elements could develop creativity in improvisation and choreography.

(12)
[25]

QUESTION 6: DANCE LITERACY

- 6.1 Complete the following sentences by filling in the missing word(s). Write only the word(s) next to the question numbers (6.1.1 to 6.1.5) in the ANSWER BOOK.
- 6.1.1 A ... stage separates the audience from the performers. (1)
- 6.1.2 A ... stage is a performance space where the audience surrounds the performers. (1)
- 6.1.3 The material hanging on the sides of the stage used for entrances and exits is called ... (1)
- 6.1.4 The ... at the front of a stage allow(s) for scene changes. (1)
- 6.1.5 The white screen at the back of a stage is called a ... (1)
- 6.2 Name TWO dance forms and compare their characteristics. (2 x 5) (10)
- 6.3 Explain how symbolism is used in dance to communicate a message/idea.. Substantiate your answer with examples. (10)
[25]

QUESTION 7: DANCE WORK

Choose ONE dance work that you studied in class from the list below.

SOUTH AFRICAN CHOREOGRAPHERS	DANCE WORKS	INTERNATIONAL CHOREOGRAPHERS	DANCE WORKS
Veronica Paeper	<i>Orpheus in the Underworld</i>	George Balanchine	<i>Apollo</i>
Vincent Mantsoe	<i>Gula Matari</i>	Alvin Ailey	<i>Revelations</i>
Alfred Hinkel	<i>Bolero</i> OR <i>Cargo</i>	Martha Graham	<i>Lamentations</i>
Sylvia Glasser	<i>Tranceformations</i>	Christopher Bruce	<i>Ghost Dances</i>
Mavis Becker	<i>Flamenco de Africa</i>		

Write down the dance work you have chosen.

- 7.1 Write an essay describing the prescribed work. (20)

- 7.2 Analyse the image below and answer the question that follows. (This image is in black and white.)



[Source: <https://unsplash.com/photos/NxjbPitBxUY>]

Choose a dance work you have studied from the prescribed list on page 9.

Explain how you would re-create a part/section of this work in the site-specific space shown in the photograph above.

(5)
[25]

QUESTION 8: CHOREOGRAPHER

Choose ONE choreographer that you studied in class from the list below.

SOUTH AFRICAN CHOREOGRAPHERS	INTERNATIONAL CHOREOGRAPHERS
Alfred Hinkel	Alvin Ailey
Gregory Maqoma	Martha Graham
Sylvia Glasser	George Balanchine
Veronica Paeper	Christopher Bruce
Vincent Mantsoe	
Mavis Becker	
Hazel Acosta	

You have been asked to prepare a presentation for the *Dance Studies Online* YouTube channel. Your topic is a prescribed choreographer.

Write a script for your video presentation to include the choreographer's background and artistic achievements.

[15]

TOTAL SECTION B: 90
GRAND TOTAL: 150