

Dance 1 Semester Exam Study-guide

Name _____

Complete the following chart on the four elements of dance:

Element of Dance	How It is important for choreography	Examples
B		
E		
S		
T		

Match the country of origin for the following genres of dance by drawing a line connecting them:

Bachata

America

Ballet

Dominican Republic

Merengue

Cuba

Hip-hop/break

France

Jazz

Dominican Republic

Salsa

America: Harlem, New York and Fresno, California

Music is counted in sets of _____

List at least three reasons to do warm-ups in any genre of dance

1. _____

2. _____

3. _____

Match the seven movements of dance with the best example of each by drawing a line connecting the two:

- | | |
|----------------|--------------------|
| Bend | releve |
| Stretch | tendu |
| Rise | plie |
| Jump | pirouette |
| Turn | leap |
| Dart | chasee |
| Glide | battle rock |

Remember Health related fitness is more important for LIFELONG health and well-being, while skill related fitness is important for dance technique. Place each of the following in the correctly labeled box:

- | | | |
|-------------------|--------------------|--------------------------|
| Flexibility | coordination | speed |
| Muscular strength | balance | reaction time |
| Body Composition | muscular endurance | cardiovascular endurance |
| Agility | power | |

Health Related Fitness	Skill Related Fitness

1. Put a check mark next to each of the following vocabulary dance steps once you are able to demonstrate it:
2. Next, label how many steps are taken for each of the vocabulary (0,1,2,3, or 4)
 - a. i.e. jazz square = 4 steps

Jazz kick

Plie

Arabesque

Sous-sous

Pirouette

Tendu

Chainee turn

Grapevine

Leap

Ball change

Jazz square

Pas de bouree/chase

3. Finally, put all of the above vocabulary steps into the correct category box:

Locomotor movements	Non-locomotor movements

Describe what differentiates the following hip-hop elements in your own words:

1. Locking:
2. Popping:
3. Tutting:
4. Breaking:

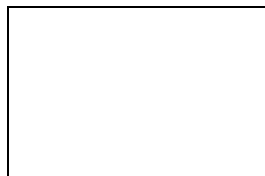
Give a brief description for each dance icon:

1. George Balanchine:
 2. Bob Fosse:
 3. Michael Jackson:
-

In terms of vertical space, complete the following chart:

Use of space = LEVELS	Examples of each
1.	
2.	
3.	

Draw an arrow for each of the horizontal directions that can be used on stage:



Why is the core, particularly the abdominals, so important in dance?

List at least 5 benefits of dance:

Put each component of creating/performing dances into the correct box:

- Teamwork sharing of ideas competition
- Active participation being argumentative compromising
- Chewing gum listening to others singing to music/mouthing words
- Making entrance/exit cues on time looking down

+ components that make dance better	- Component that take away from dance

Match each fitness concept with its match by drawing a connecting line:

- | | | |
|--------------------------------|--|------------------------------------|
| Aerobic activity | | lighter weights, more repetitions |
| Anaerobic activity | | 4 days per week |
| Target heart rate zone | | 30 min. jog |
| Muscular endurance | | 60-80% of maximum heart rate |
| Muscular strength | | 160 beats per minute heart rate |
| Frequency | | power lifting |
| Intensity of a cardio. Workout | | heavier weights, fewer repetitions |

The 3 principles of training are: _____

The 3 ways to overload are: _____,

Match the correct work to its definition using the word bank:

Intensity
Frequency
Muscular strength
Cardiovascular endurance
Body composition
Time
Muscular endurance
aerobic

The ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles is called _____

To improve cardiovascular endurance you must chose activities that use large muscle groups, and large amounts of oxygen. They must be continuous and you must be able to regulate the pacing and still perform the activity. These activities are classified as _____

How often a person works out is _____

How hard a person works out is _____

How long a person works out is _____

The ability of the muscles a exert a force is called _____

The ability to efficiently use muscles over a longer period to time is called _____