



KENYATTA UNIVERSITY
EXAMINATION FOR DIPLOMA IN THEATRE ARTS

CFT 043: BASICS IN DANCE SKILLS AND CHOREOGRAPHY

2ND SEMESTER 2024/2025

TIME: 2 HOURS

INSTRUCTIONS:

- Question **ONE** is compulsory (20 marks).
- Choose any **TWO** questions from questions 2, 3, 4, and 5 (each worth 10 marks)
- Clearly structure your answer and provide relevant examples where necessary.

QUESTION 1 (Compulsory – 20 Marks)

Discuss **FOUR** key factors that contribute to the development of a well-rounded dancer.
Use relevant illustrations. (20 marks)

QUESTION 2 (10 Marks)

Dance training incorporates somatic practices to enhance movement efficiency and prevent injuries.

- a) Define somatic practices. (2 marks)
- b) Explain the role in developing body awareness, movement control and injury prevention in dancers. (3 marks)
- c) Explain **TWO** examples of somatic techniques that are commonly used in dance training. (5 marks)

QUESTION 3 (10 Marks)

- a) Choose **two dance styles** and compare their movement techniques, physical demands and expressive qualities. (6 marks)
- b) Discuss how a dancer can **effectively train** for each style. (4 marks)

QUESTION 4 (10 Marks)

Dance educators play a crucial role in shaping performers by using pedagogical strategies that enhance learning and creativity.

- a) Explain **TWO effective teaching techniques** that dance educators can use to develop students' **technical skills, performance abilities and artistic expression**. (6 marks)
- b) Provide **practical examples** of how these techniques can be applied in a dance class. (4 marks)

QUESTION 5 (10 Marks)

Understanding dance notation systems and terminologies is essential for dancers, choreographers and educators.

- a) Explain the importance of Labanotation in recording and analyzing dance movements. (5 marks)
- b) Define and describe the function of the following **dance terminologies**: (5 marks)
 - 1. Dynamics
 - 2. Phrasing
 - 3. Articulation
 - 4. Counterbalance
 - 5. Projection