

Get moving on the dance floor and find out what dancing can do for you. Dancing is good for your heart, your bones and your soul. Dancing provides a good aerobic workout. In fact, half an hour of dancing can burn between five hundred and one thousand kilojoules, depending on how energetic you are. To reap the full benefit, dance vigorously enough to increase your pulse rate and respiration. Do this two or three times a week. Giving your heart and lungs a good workout will help strengthen them and improve their capacity to supply your body with the oxygen it needs.

Dancing is also a weight bearing exercise that helps strengthen bones to prevent loss of bone density. It also helps keep your joints flexible. Dancing is often recommended as rehabilitation for patients recovering from certain types of surgery. Ballroom dancing is particularly good to gently strengthen the muscles that support the spine, strengthening the core muscles.

10^e max

The ancient Greeks believed that [20 wpm] their god taught dancing only to a few favoured people, whose job it then was to teach the rest of mankind. The ancient teachers obviously did their jobs well. From being performed mostly for sacred purposes, dancing gradually became a social activity, [25 wpm] and today people worldwide dance for the sheer pleasure of it.

11^e max

All movements of the body are organised by the central nervous system, which receives millions of messages from the sensory organs and then reacts in response. The central nervous [30 wpm] system consists of the spinal cord, midbrain and higher centres in the brain cortex. In order for you to have balance on the dance floor, whether to do a ballet step or to remain upright while doing the twist, you need the help of your central [35 wpm] nervous system.

14^e max

The central nervous system processes visual information, information from the balance mechanisms in the inner ear and information that helps the brain to recognise the position and movements of your joints. All this falls into place

[40 wpm] when your muscles contract and your joints stabilise.

16^e max

The midbrain then takes this information and puts it into action by telling your body what movement or posture is needed. The brain also stores the information to enable you to impress your [45 wpm] friends yet again with that special dance move.

18^e max

Dancing stimulates the production of the feel-good chemicals in the brain, which are excellent for helping to relieve stress and depression. When your body exerts itself sufficiently for more than [50 wpm] twenty minutes, for instance when you dance, it will begin to release these chemicals, which are natural painkillers. That is why you might feel elated and able to do the cha-cha one more time even though your feet are aching.

20^e max

You have pressure [55 wpm] receptors in the soles of your feet that are constantly communicating with your brain, which then determines the adjustments your body must make to keep its balance. In dance and exercise circles, the principle of practising movements until the brain, [60 wpm] nervous system and muscles remember them is called neuromuscular training.

22^e max

24^e max

If you cannot get to a dance class regularly, you can also exercise at home. Bad posture can lead to a multitude of physical problems, including back pain. A few [65 wpm] exercises to condition a key group of muscles can help prevent this and give you a flatter tummy.

26^e max

Every time you bend to pick up something, such as your shopping bags or your briefcase, or you twist to reach for the phone, your body needs a secure point [70 wpm] to carry out the action. In many cases this comes from the corset of muscles around your back. By strengthening these muscles, you will have a more stable base for the action. 28^e max

Health and exercise experts agree that it is really worth the effort. [75 wpm] The better conditioned your core muscles, the more stable your spine, and the lower the chance of your suffering severe pain when you twist, bend and reach. And if you do sports, you are also much less likely to injure yourself if you have a [80 wpm] strong core. 30^e max
32^e max

[60]

MARKING OF SPEED – PENALISATION OF ERRORS

Penalise ONCE per paper

- ★ Line spacing
- ★ Open line between paragraphs
- ★ Incorrect font
- ★ Incorrect margins
- ★ Incorrect language (US) – e.g. use of 'z' instead of 's'
- ★ Paper size
- ★ Accidental caps lock
- ★ Smart quotes in words like "we'll be there ..."
- ★ Punctuation (two after full stop, one or two after colon and semi-colon, one after comma) – applied consistently
- ★ Evidence of enter used at the end of a line (initial capital)

Marks for speed levels below 35 wpm are not indicated. Use only 'P' or 'F' to indicate whether or not the speed has been achieved, in the left-hand margin. The candidate gets the highest mark for any speed passed at **35 wpm and above**. The candidate also gets credit for the highest speed passed (24/60) even if the mark is lower than another speed level achieved.

Extract from syllabus, page 20:

- Omissions or repetition of words in a sentence as well as words omitted as a result of non-completion of the text up to the minimum speed requirement, are marked according to the system whereby the first five strokes constitute an error and thereafter every subsequent ten strokes constitute an additional error.

MARK SCHEME FOR TIMED ACCURACY TEST WITH A 10 MINUTE TIME LIMIT

20 to 80 words per minute

No of errors	Max errors	10	11	12	14	16	18	20	22	24	26	28	30	32
	Wpm	20	25	30	35	40	45	50	55	60	65	70	75	80
	Mark	60	60	60	60	60	60	60	60	60	60	60	60	60
1		56	57	57	57	58	58	58	58	59	59	59	59	59
2		53	53	54	55	56	56	56	57	57	57	57	58	58
3		49	50	51	52	53	54	55	55	56	56	56	56	57
4		46	47	48	50	51	52	53	53	54	54	55	55	56
5		42	44	45	47	49	50	51	52	53	53	54	54	54
6		38	40	42	45	47	48	49	50	51	52	52	53	53
7		35	37	39	42	44	46	47	49	50	50	51	52	52
8		31	34	36	39	42	44	46	47	48	50	50	50	51
9		28	31	33	37	40	42	44	45	47	48	48	49	50
10		24	27	30	34	38	40	42	44	45	46	47	48	49
11		20	24	27	32	35	38	40	42	44	45	46	47	47
12		17	21	24	29	33	36	38	40	42	43	45	46	47
13		13	17	21	27	31	34	37	39	41	42	43	44	45
14		10	14	18	24	29	32	35	37	39	41	42	43	44
15		6	11	15	21	26	30	33	36	38	39	41	42	43
16		2	8	12	19	24	28	31	34	36	38	40	41	42
17		1	4	9	16	22	26	29	32	35	37	38	40	41
18		0	1	6	14	20	24	28	31	33	35	37	38	40
19			0	3	11	17	22	26	29	32	34	36	37	39
20				0	9	15	20	24	27	30	32	34	36	38
21					6	13	18	22	26	29	31	33	34	36
22					3	11	16	20	24	27	30	32	34	35
23					1	8	14	19	23	26	28	31	32	34
24					0	6	12	17	21	24	27	29	31	33
25						4	10	15	19	23	25	28	30	32
26						2	8	13	18	21	24	27	29	31
27						0	6	11	16	20	23	25	28	30
28							4	10	14	18	21	24	26	29
29							2	8	13	17	20	23	25	28
30							0	6	11	15	19	22	24	26
31								4	9	14	17	20	23	25
32								2	8	12	16	19	22	24
33								1	6	11	14	18	20	23
34								0	5	9	13	16	19	22
35									3	8	12	15	18	21
36									1	6	10	14	17	20
37									0	5	9	13	16	19
38										3	8	11	14	17
39										2	6	10	13	16
40										0	5	9	12	15
41											3	8	11	14
42											2	6	10	13
43											1	5	8	12
44											0	4	7	11
45												2	6	10
46												1	5	8
47												0	4	7
48													2	6
49													1	5
50													0	4
51														3
52														2
53														1
54														0