

# MEDIA-TECH-HEALTH & HAPPINESS

Exam REVIEW GUIDE:

**TUES. MARCH 9<sup>TH</sup>**

## Types of Questions

1. Important Terms/Concepts
2. New Findings and Patterns of Behavior
3. Conflict/Tension between traditional “mainstream” views or practices and healthier approaches
4. Corporate/Industrial interests or practices vs. individual human health/happiness
5. Comparisons between ideas, arguments, POVs
6. Data Assessment
7. BIG PICTURE ISSUES-ARGUMENTS
8. BLACK BOX: EDUCATED REASONING & RESPONSE

## LECTURE/DISCUSSIONS:

1. **LECT/Discussion:** BREATHE FOR LIFE: Nestor, Hof, TECH APNEA, POSTURE...
2. **LECT/Discussion:** SELLING SICKNESS- PhotoFindings - ANTIBIOTIC HUNTERS: Moynihan and Cassels
3. **LECT/Discussion:** FOOD SYSTEMS, HEALTH, and CULTURE - What, When, and HOW we EAT
4. **LECT/Discussion:** AMERICAN FITNESS FAILURE? Disconnections in our systems of exercise and health...
5. **LECT/Discussion:** EPISTEMICAL SECURITY, ECOLOGICAL CHANGE, and GENETIC ENGINEERING? Understanding the Global REVOLUTION...

## DATA-SURVEYS-ANALYSIS

- ▶ FOOD DATA
- ▶ Chip Implant + Gene Therapy DATA

## Readings/SCREENINGS/Web Resources

- James Nestor – **BREATH: Worst; MouthBreathers; Nose; Exhale; Slow**
- Wim Hoff: **Breathing-Cold-Health-Immunity development**
- DrJo— **Basic Breathing Techniques to Reduce Stress and Anxiety**
- Max Strom- **Breathe to Heal** (Ted Talk)
- Sooraj Shah—**Amazon Enters Health Care Industry**
- David Heath and Gus Garcia-Roberts-- **COVID19 VACCINE: Inside the Fastest Vaccine Ever Developed**
- Bruce Mohun—**The ANTIBIOTIC HUNTERS**
- Catherine Scott **SELLING SICKNESS (Doc Film)**
- Ray Moynihan & Alan Casels, **SELLING SICKNESS (book chapters)**
- Chris Malloy, **UNBROKEN GROUND** (Doc Film)
- Michael Schwarz, **IN DEFENSE OF FOOD** (Doc Film)
- Michael Pollan, **UnHappy Meals** (NYTimes Magazine)
- Louie Psihoyos, **THE GAME CHANGERS** (Doc Film)
- Dan Rubenstein, **BORN to WALK**
- Peter Walker, **HOW CYCLING CAN SAVE THE WORLD**
- James Gallagher, **WORLD-WIDE RESEARCH on STEPS WALKED** (BBC)
- Alex Therrien, **GLOBAL Lack of Exercise** (BBC)
- Dominic Hurst, **How Amsterdam is Reducing Child Obesity** (BBC)
- James Gallagher, **Healthiest Hearts in the World** (BBC)
- Jon Frankel, **THE PRICE OF YOUTH SPORTS** (HBO)
- Dan John, **CAN SCIENCE REVERSE THE AGEING PROCESS?** (BBC)
- Adam Bolt, **HUMAN NATURE-GENETIC ENGINEERING?** (NETFLIX)
- Michael Roberts, **THE FUTURE OF FITNESS via APPLE and Tim Cook**
- Sasha-Ann Simons, **FOOD DESERTS IN WASH D.C.** (NPR)
- Dr. Sanam Hafeez, **SCREEN TIME and CHILDREN’S BRAINS** (ABC)