

YouTube Video Critique

Student Name: Celese Thompson

Case # + Diagnosis: Case #7, Chronic Upper Back and Neck Pain

Data for Video

Title of the Video	Why sitting is bad for you – Murat Dalkilinc
Duration of the Video	5:04 minutes This is a short, but educational and easy to understand video from a credible source.
Number of Days on YouTube	Published on March 5, 2015 1 year (365 days) as of March 5, 2016
Total Number of Views	1,701, 650 views as of March 15, 2015
Any Links to the Video	https://www.youtube.com/watch?v=wUEI8KrMz14 http://ed.ted.com/lessons/why-sitting-is-bad-for-you-murat-dalkilinc#review
Comments of the Viewers	Several of the comments were from students who were concerned and mentioning how the design of classes/school requires students to sit for long durations of time everyday with very few breaks. Many other viewers inquired about the effects of lying down in comparison to sitting. Some comments were rude and unnecessary, but others were grateful for the information and encouraged the viewers to get up and move. A few comments were from wheelchair users, or people talking about how the video is offensive because it is not taking people who are in wheelchairs into consideration.

Criterion for utility in the site.

Technical Aspects	
Images are clear	Yes, the images in this video are very clear and easy to see. The animation provides the viewer with an entertaining and easy to understand visual representation of the human anatomy and the risks sitting has on our bodies.
Sounds are clear and background is free from noise	Yes, the noise is very clear and there is

	no background noise. The overall quality of this video is really well done and is apparent that professionals produced this video.
Time to download is reasonable (about 10-15 minutes at the maximum)	Yes, the time to download this video is very reasonable. It is only a 5-minute video, so it loaded right away and did not stop once to buffer while I was watching it.
Author/creator	
The creator and/or organization providing the video are mentioned	The creator of the videos name is stated in the title (Murat Dalkilinc) and at the bottom of the page along with the name of the person who did the animation (Jon Portman). The video was created through TEDEd, which is clearly identified and advertised in the beginning of the video. Links for additional information and the full lesson are provided at the bottom of the video. At the end of the video it also acknowledges the narrator and animation company.
The information about the creator is up-to date	The name and title of the creators are the only thing mentioned and can be found on both the YouTube link and the TEDEd link. Murat Dalkilinc is the educator, Jon Portman is the animator and Emma Bryce is the script editor. Emma Bryce is only acknowledged on the TEDEd page, and not on the videos YouTube page. A small picture of each of the creators is also provided on the TEDEd page.
Provide further support for the use of this YouTube video on your case site.	
<p>This is an interesting video is from a creditable and educational source. The video first begins by connecting to the viewer and developing common ground through acknowledging the fact that they are probably sitting to view the video. It then explains how our lifestyles are becoming more sedentary and require us to sit for long periods of time. This relates to our case because Stephanie's back pain developed from hours of sitting while completing her PhD. This video also relates to my specific component of the case because it talks about how our bodies are not designed for a sedentary lifestyle and explains this through the anatomical design of the human body. It provides a general overview of the</p>	

human anatomy and then goes into more detail about the anatomy of the back, which is “the backbone or the problem”. Unfortunately, the video does not mention specific joints, muscles and ligaments that are affected from sitting, but describes how sitting affects these structures in general. The video then begins to talk about several other side effects sitting has on our bodies. This is not specifically relevant to back pain, but since Stephanie’s back pain is a result of her sedentary lifestyle, I think it is important to gain an understanding of how sitting affects your body as a whole and the various problems it can lead to later on in life. It also explains how sitting reduces the amount of oxygen a person receives and how this can slow down brain activity and concentration, which is important to know for Stephanie’s current occupations. The video concludes by offering a few simple solutions for people who sit for long periods of time, which is relevant and can be suggested to Stephanie.