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Part One: My Interest

I have a major interest in working out and overall bettering your body & mind. Working out has become a major hobby of mine and I devote a good amount of time almost everyday of the week to working out. Technology has come a long way since its birth and development, but there has always been a source of music for as long as man has existed. Technology brought music to a next generation and developed it to not only be easily accessible, but portable. Headphones have improved my workout experiences unimaginably better.

Working out became a personal interest of mine a few years ago when I started training during the off season of lacrosse. Working out can be different for everyone. It all depends what area of your body you're trying to improve and how you wish to improve it. Working out most commonly involves push and pull exercises, which use free weights and ropes. Other exercises can be performed without using anything but your surroundings and your own self. I personally use weights to workout, because I focus on strength training. Strength training really improves the ability to lift and pull heavier objects and just all around useful throughout the day.

I enjoy this hobby because it really gives me personal time to myself or some relaxing downtime I can spend with friends. If I was going to workout by myself I definitely put my
headphones to good use and focus solely on my experience and goals at the gym. I set myself goals to improve my strength and overall body, like cardio. Setting goals is very helpful to everyone, it gives the person something to look forwards to and push themselves towards accomplishing the goal. Rewarding yourself can come with goals, which is a way I can encourage myself to workout and reach for my goals. An example of an reward could be anything a new pair running shoes to a completely remodeled personality. What I refer by remodeled personality is that for myself I become much more positive and confident when I reach my goals. One of the best feelings in the world for me is working out and really improving myself, which is what drew me to working out.

Headphones are just one of many technologies I use throughout my workout that has made it easier and much better to be at the gym. Headphones allow me to cancel all the surrounding sounds and noise and focus on what I am doing. They also allow me to directly project music into my ears, which boost my performance while at the gym. In the article of “Why Using Wireless Technology Improves Your Gym Experience,” it describes why wireless headphones are convenient are useful while at the gym. No one wants to get tangled up in cords while working out, so wireless headphones were developed and has improved everyone’s experience by a astronomical amount. Headphones in general are helpful to anyone wether they be wired or bluetooth/wireless.

Headphones have been evolving for the many past years, it all began with the Walkman, which was a portable player that allowed you to plug in headphones that was connected to the Walkman. It developed into headphones being plugging into a smartphone, then into bluetooth headphones & waterproof. Headphones will continue to adapt and evolve in the future.
Part Two: In The Media

The TV show I decided to use that a strong use of technology was *Ballers*, in its first season and first episode called “Pilot.” *Ballers* is an American comedy-drama tv series that aired on HBO on June 21st, 2015. The show focuses on Dwanye Johnson, who is a former football famous football player named Spencer Strasmore. He pursues his career of being a financial for current and former football players in Miami, Florida. His boss, Joe Krutel, is a financial advisor at Anderson Financial who plays the most important supporting role for Spencer Strasmore. Spencer builds upon his client base made up of young and new football players and veterans as well. He aims to help his clients become “ballers” in the football scene.

In season 1, episode 1 of *Ballers*, former Miami Dolphins player, Spencer Strasmore, is introduced and also his friend Charles Greane. These two are dealing with life after football and must adapt to their new environment. Spencer Strasmore lands a job as a financial advisor at Anderson Financial while Charles Greane finds a job at a car dealership. Spencer begins helping his younger friends still in the NFL both financially and towards their football career. He provides them advice on the right choices for their public image and football career and how to act appropriately with their money. Green Bay Packers wide receiver Ricky Jerret gets into a brawl at a nightclub, which may have just blown away his secured roster spot on the team.

Technology that is used for a large portion of the show, *Ballers*, is smartphones. Smartphones exist almost everywhere throughout the world, only the poor countries that unfortunately cannot experience and purchase smartphones as the rest of the world does. In *Ballers*, the characters use their smartphones all the time to make calls to clients, agents, friends,
and family. Within these calls they make deals, plans, and very important decisions. A smartphone is available to anyone that has a decent sum of money to spend. Averagely, smartphones are being sold around mid $500 in the US. To afford a smartphone you will need to have a stable flow of money to afford it and pay its cellular bills that come along with it.

Countries without internet are the countries that usually don't have access to smartphones. These countries do not come in contact often with the advanced and developing world around it, so they have not received a chance to experience the trend of the smartphones. Smartphones are solving many problems, and more in the future as it goes through more development.

Communication is most likely the most important problem smartphones are solving. Smartphones allow people to quickly call anyone phone number they choose and talk with that person or business from across the world. Also, smartphones allow the access to text messaging which is a quick and brief message or photo, the operator of the smartphone types and sends to the receiver to read. Internet access is a major advantage to smartphones, it allows the operator of the smartphone to browse useful information across the internet like determining the weather for today or a week in advance. Social media is a very popular application on a smartphone as it allows people to stat in touch with their relatives and friends who also use social media. Access to music is also a huge advantage for smartphones, which allows the operator to have music with them anywhere as long as they have their smartphone with them. Navigation is accessible on smartphones, allowing you to find the fastest and best route to your destination. In Ballers, the characters use their phones mostly for the communication aspect, but do use their smartphones for its other capabilities that were just previously listed. Smartphones positively affect the lives of the characters in the show by allowing them to do their jobs and make important decisions.
People in the real world use their smartphones just alike the characters of *Ballers*, mainly because the plot of Ballers could be nonfictional and happen in the real world. Smartphones are completely ethical, unless the user uses a smartphone inappropriately. They are ethical because they positively serve people and make their lives easier and better, but if a user of a smartphone uses in an improper manner, like to cyberbully on social media, a smartphone does become unethical. In 5 to 10 years, smartphones will both evolve and diminish the world because they will very useful and accessible to people throughout their everyday lives, but people will forget the basics of life and become too dependent on the smartphones. Children are already getting too attached to smartphones at their young age and will not learn the basics of life and living. If all smartphones stopped working a large amount of people would not know what to do and how to run their lives without their smartphone by their side. There needs to be a balance of using a smartphone and not using a smartphone.
Works Cited

