427L: Integration in different coordinate systems

1. Let B be the unit ball in \mathbb{R}^3 . Evaluate the integral

$$\iiint_B \frac{dx\,dy\,dz}{\sqrt{2+x^2+y^2+z^2}}.$$

2. Let $T: \mathbb{R}^2 \to \mathbb{R}^2$ be the mapping

$$x(w, z) = w - 2z + 1,$$
 $y(w, z) = 3w + z - 2.$

Rewrite the iterated integral

$$\int_0^1 \int_0^2 f \circ T(w, z) dw dz$$

as an iterated integral in x,y coordinates over some region $R\subset\mathbb{R}^2.$