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Concerned about how the digital age affects your well-being? Looking for ways to find balance? This course takes away the ancient practice of yoga and translates it into modern science with practical applications. You will learn how to practice yoga on the mat, as well as in your daily life, using aspects of yoga that are immediately applicable to you. Having taught yoga to thousands of people just like you, we have reduced the practice to the undercover of what really works. Your team of instructors brings a dynamic combination of science and practice to the course. Stacey and Dave Dawkins own four yoga studios in Texas and have trained hundreds of instructors to teach yoga as a life-transforming practice rooted in mind. Dr. Katherine Span and Dr. George Siemens are exploring what it means to be human in a digital age at the University of Texas in arlington's lab. With years of experience in online education and psychological research, they bring expertise in learning and well-being in the digital age. This course is for anyone interested in studying the science and practice of yoga. No previous yoga experience required! We welcome those interested in studying the basics of yoga poses, as well as experienced yoga practitioners or instructors who want to deepen their practice. By signing up for this course you will have the opportunity to meet and discuss yoga and meditation with people from all over the world. Encourage friends, family, and colleagues to sign up with you! How the digital age affects your well-being Yoga poses and navigating yoga class How to use yoga to find balance in your life Research findings on yoga meditation and breathing awareness Week 1: The practice of yoga introduction to yoga, poses, meditation, and starting your personal practice. Week 2: To be good in the digital age An introduction to the stressors of a thing modern technological society and the ways in which they affect our health. Week 3: The Science of Yoga Review of Yoga Research and How It Affects Us Mentally and Physically. Week 4: Stress: Survive and Thrive Stress Response Review and Use Mindfulness and Self-Doubt to Counteract Stress Week 5: Connecting The Body and Mind Details the Relationship Between Mind and Body and Interconnection of Physical and Mental Health. Week 6: Yoga of the social connection How to connect with others, with yoga practice and to itself improves quality of life. Get a certificate signed by an instructor with the institution logo to check your achievements and increase your job prospectsDeliver the certificate to your CV or post it directly to LinkedInGive an additional incentive to complete the course The non-profit course relies on verified certificates to help with free education for в сѳетровѳн маѳа6 24 Abr. 2017 1:56 ET Order Reprints Prints:56 PM Order Reprints Prints: 1:56 PM Order Reprints Prints Prints Shares in Science (EXAS) have tripled this year as investors have floated the idea that its colorectal cancer test could actually gain traction. The big gains made Barron's Andrѳm wary of its shares in June, when he claimed the shares seemed fully valued. Puneta Souda and Kai Wang explain why they remain optimistic: We remain overcrowded on EXAS, given that the adoption of a colorectal cancer screening test Colorectal 80 million years ago. We have recently held meetings with EXAS investors Kevin Conroy and have moved away confident that EXAS efforts to tilt cologuard's adoption are working and we believe that the implementation of a number of key activities in the field remains crucial to deepening the adoption of Cologuard, ultimately doing so as a first-line test for colonoscopy in the US CMU population. Exact Science shares rose 0.6 percent to \$40.65. Shares in Science (EXAS) have tripled this year as investors have floated the idea that its colorectal cancer test could actually gain traction. An error occurred, try again later. Thank you, this article was sent to Practical Testing Software - Manual Testing Help for Ekbo Version 2.0 - Free e-book from STH in collaboration with Chindam Damodar.If you have any idea where to start in software testing training, we have designed this free e-book just for you so you can start in no time. There have been significant changes to software testing related to recent days. In this e-book are the exact basic steps and testing basics you need to know before you start testing any application. I am pleased to present this second version of the software book for testing SoftwareTestingHelp.com readers. Like the first edition, we think this improvised and updated version will also bring more fans. And to ease your training, I give free 3 people a copy of my premium e-book Software Testing Career Package (value of \$15) free. You just need to fill in below simple two easy steps: [Update: Contest already closed] To enter the competition: #1) You need to tell me – what keeps you back from training software for testing or getting a job?#2) Download the free copy of the Practical Software Testing below. If you do not want to enter the competition, no problem, just download the free e-book below. What you will learn in this e-book: What is software testingFundamental software testingWedding software development lifecycle (SDLC)Verification VSDLC modelsWater modelWater modelPrototype ModelPrototype ModelRule application development (RAD)Modelliterative and incremental development ModelAgile Configuration (SCM)Software Test Engineer Engineer Процѳс / жѳзнен цѳкълReal-Time Manual TestingTest сценарий сценарийСт сценарийTest случай Случай СлучайСт КазусиПроект Тѳстванѳ и приоритетЗавършеност/Бѳг жѳвѳт На измѳтване На тѳстванѳ ПринципиНапълна функционална тѳстванѳГенератор на имѳейл по-долу, за да получите на електронния книга в пощенската си кутия. You will get both version 1 and version 2 of this e-book:Download your free Practical Ebook Testing Software now: Enter your email to download your e-book: Enjoy e-books and be sure to tell us your feedback in the comments. Your valuable feedback is a tremendous moral support for us! Competition update: Winners Thanks for participating in this contest. I'm sorry for the little delay in announcing the winners. It took me a little longer to review every response I got. We've received over 340 great responses from our readers for their biggest testing for obstacle training software. In the coming weeks, I will summarize the topics that are most interested. As mentioned in this competition, I give 3 copies of our premium Software Testing Career package eBook to 3 winners. And the winners are... 1) Deeksha 2) Lorelei Layson 3) Cindy Note – If you're a winner, you'll soon receive an email from me. Congratulations again to all the winners, as well as to each of the participants. I hope you will enjoy reading our free practical software testing ebook. Best of all, Vijay Introduction to Portability Testing: Portability Testing is a dysfunctional test methodology that determines the ease or difficulty with which a software component or application can be moved from one environment to another. Test results obtained from portability testing help to understand how easily a software component of one environment can be used in another environment. The term environment refers to switching from one operating system to another operating system, one browser to another browser, or from one version of the database to another version of the database. A basic rule of portability testing is that it should only be used if the software component needs to move from one environment to another environment. Measuring portability is the effort needed to move the software component from one environment to another environment. One unit for measuring portability is the cost of accepting software for the new environment compared to the cost of software reconstruction. This tutorial gives you a complete overview of the meaning, goals, attributes, checklist, advantages, and disadvantages of portability testing, along with some practical examples of simple terms for your easy understanding. Difference between portability and compatibility testing The points below will briefly distinguish between portability and compatibility.–> Compatibility refers to whether two or more components can be performed simultaneously in the same environment without affecting each other's behaviour. Example: Word processor and calculator runs on the same operating system as Windows 10 can be said to be compatible with each other, since running one application will not affect the behavior of the other application.–> portability is engaged in moving the component from one environment to another. Example: A game running on Windows XP is said to be portable if the same game can be managed on Windows 7 without changing game behavior.–> In short, portability testing deals with software components in different environments, while compatibility testing is engaged in testing two different applications in the same environment. GoalsFollows the objectives of this test: Determine whether a system can be transferred to any of the environmental characteristics, such as CPU speed, Disk space &. RAM&quot;, monitor resolution, OS, and browser versions. Determine whether the type and feel of the application in terms of user interface and functional functions are similar to multiple operating systems and multiple browsers. This testing helps determine whether the system can be ready to run, especially when there is an awareness that product customers will use multiple operating systems with multiple versions of the browser. This test is usually carried out against a predetermined set of portability requirements that help to detect defects that have been omitted as part of the unit and integrate the application test. The defects detected in this test must be fixed and delivered as part of the product release by Developers.This testing is usually carried out gradually throughout the life cycle of software development. AttributesSoftware testing board has defined some basic attributes of this testing. They are: InstallabilityAdaptabilityReplaceabilityCompatability or Coexistence #1) Install: Install software that needs to be installed in a target environment. The following features have been validated as part of installation testing: operating system requirements. Browser requirements for using an app. Memory or RAM requirements. Installation procedure. Uninstall procedure. Exceptions for installation interruption. Prerequisites for installing software.#2) Adaptability: Adaptability testing is a validation process if the system is adaptable to each of the target environments. The use of common standards of communication between multiple systems can help improve the adaptability of the system as a whole. Adaptability testing includes the following features: Hardware dependency. Software dependency. Standard language Communication of the system with each of the target environments. Encapsulation of dependence. of dependencies in multiple systems.#3) Substitutability: Substitutability is the ability to replace one software component with another. The component that is the previous component must give the same results as the previous component in all target environments. Ideally, it should serve the same purpose as the component that has been replaced.Competing products from the same area will be the ideal candidates for substitutability, since the product being replaced can be much cheaper than the existing product of a competitor.#4) Compatibility or coexistence:Compatibility is the ability of two or more components of existing ones in the same environment, without affecting each other's behaviour. This test is particularly useful in large systems which include several subsystems as part of it. Subsystems ideally share a common area and memory. As a result, an exception occurred for one subsystem could easily spread to the other subsystem, resulting in the entire application crashing. Changing the existing component, updating a new component, adapting the new interface to the existing component are all problems that software systems face over time.Components that do not meet compatibility testing requirements have a profound impact on the entire system, and therefore each component must be carefully tested for its impact on common resources. Few others on the list: Besides these basic attributes, portability testing can include several other attributes, such as compatibility testing and localization testing. (i) Interoperability: interoperability testing helps determine whether two or more components can interact without any communication problem. For example, transferring data via Bluetooth between a Windows 10 PC and an Android smartphone can be taken to test compatibility. (ii) Localisation: Localisation shall be checked to ensure that the software developed can be understood in the local language where it is used. This type of testing is also known as internalization testing. For example, software must be tested in various international languages such as Chinese, Italian, Russian, etc. Check compatibilityS confirm includes the requirements that need to be tested as part of the portability test.Before proceeding to the preparation of a checklist, it is imperative to make sure that all individual components of the system are fully tested and integrated with each other to form a large system. All the objectives of the portability test should be taken into account in order for the checklist to be effective and efficient. This test shall meet all portability requirements. Testing the application on multiple operating systems must be performed. Testing the application on multiple versions of the browser must be performed. This testing can be automated for regression testing. This test must be carried out gradually and more iteratively throughout the life cycle of software development. The tests for and the competitiveness have their own advantages, such as as de merits as any other test. Let's take a look at them. Pros: Helps identify dependencies between multiple components. This testing is especially useful in large systems that have several subsystems that interact. This testing is preferred when customers of a product use multiple operating systems with multiple versions of the browser. Errors that are omitted during unit and integration testing can be detected by using this testing. Installing and uninstalling the software can also be tested as part of this test. The responsiveness and performance of an app can be tested in multiple browsers and multiple operating systems. Look and feel the application of multiple browsers and multiple operating systems can be verified using this testing. This testing helps determine whether the functionality of the application is as expected of multiple operating systems and multiple browsers. It also helps to eliminate the spread of errors between multiple systems. Cons: This testing is generally not preferred when there are time limits on the software testing cycle. This testing requires a lot of budget from the organization as it requires multiple testing configurations, such as multiple operating systems and multiple browsers. All setup hardware configurations must be available to check portability. This means that the organization must pay to provide support to support hardware configurations for setup. Portability testing is a repetitive process, meaning they can lose focus during testing. Automation of portability testing is an annoying task and requires the skills and patience of testers to be successfully fulfilled. Performing portability tests in a multi-user environment can be very difficult. Also, it requires a lot of load data for testing to be successful. Storage space for hosting environments can become expensive for an organization. Examples of portability testingGiven below are several classic examples: Software designed to work with Windows 7 and Macintosh operating systems. Apps designed to work on Apple iOS and Google Android devices. Software designed to be compatible with the Microsoft Edge browser and the Google Chrome browser. Video games designed to work with Windows 10 and Apple Macintosh operating systems. Software designed to work with Oracle's Windows 7 MySQL server and Oracle database. Install software on Windows 10 and Windows XP operating systems. Uninstall software on Macintosh and Linux operating systems. Portion testing is usually preferred when there is a requirement for the software from one environment to another environment. This testing helps unpack defects that have not been identified as part of unit testing and integration system testing. One of the main shortcomings of the portability test is the be allocated to this test as it requires the use of multiple hardware configurations. Supporting and providing support for these hardware configurations can be a very annoying and time-consuming task. Therefore, portability testing is usually preferred when the benefits outweigh the disadvantages. I hope you will have clearly understood the concept of portability testing through this excellent tutorial! Tutorial!

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