**How to Become a Forefoot Runner**

Among numerous strategies applied by athletes to improve their running speed, forefoot running happens to be the most favorite. Let us see how one can take up this skill and become a forefoot runner.



Sports is a profession that demands speed and action. It is a field where one races against time and mere fractions of a second can decide the fate of who's the victor and who's the loser of a game. In such a scenario, sportsmen may turn to using new techniques to put themselves in an advantageous position. Most people have a tendency to run and walk by touching their heel firmly on the ground. Gradually, the entire foot touches the ground, until it is lifted once again to complete the cycle of running. The whole process may seem simple and normal to a layman. This traditional and common way of running is called heel or mid-foot running. On the other hand, the forefoot running technique can increase a runner's speed, but demands an intense effort from the runner to master it. Here is how one can become a forefoot runner.

**Sports & Recreation**

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**Organizational Culture**

Вт., 23/10/2007 - 18:57 — [redactor](http://corpculture.ru/users/redactor)

Organizational culture is defined by Brent Ruben and Lea Stewart (1998) as the sum of an organization's symbols, events, traditions, standardized verbal and nonverbal behavior patterns, folk tales, rules, and rituals that give the organization its character or personality. Ruben and Stewart note that organizational cultures are central aspects of organizations and serve important communication functions for the people who create and participate in them. These functions include providing employees with a sense of individual and collective identity, contributing to the establishment of structure and control within the organization, aiding the socialization of employees through learning about the customs and traditions of the organization, and fostering cohesiveness among employees.  
Interest in organizational cultures was further created by William Ouchi's 1981 best-seller, Theory Z: How American Business Can Meet the Japanese Challenge. Ouchi considered organizational culture to be a key determinant of organizational effectiveness. In 1982 two other best-sellers, Terrance Deal and Allan Kennedy's Corporate Cultures: The Rites and Rituals of Corporate Life and Thomas Peters and Robert Waterman's In Search of Excellence, supported the idea that excellent companies tended to have strong cultures.

**What Can You Do with a Graduate Degree in Education?**

**Learn about potential careers in education for graduates**

*By Jessica McCombe*

A graduate degree in education generally prepares you for a job as a teacher or administrator; however, if you prefer other opportunities, many other alternatives are open to graduate education degree holders.

If you are already in education but wish to teach in a different area, a master's degree can help you to branch out, for example, into English as a Second Language teaching either at the K–12 or college level. If you are in a different field but wish to move into education, there are master's degree programs that simultaneously prepare you for certification and can help you to begin your new career in education with greater ease. And if you want to teach at the college level, you will find that most professors (even at online universities) hold a doctorate.

Administration is the other natural career path for education degree holders. Again, a master's and/or doctorate (with appropriate licensure) program can pave the way for prospective principals, superintendents, directors of curriculum, and other school district administrative posts. Other job opportunities exist at state-level departments of education, as well as national education organizations and associations (such as The National Education Association or The American Federation of Teachers), according to *Careers for Book Worms and Other Literary Types*.

A degree in education can also be useful for a transition from teacher to school counselor or psychologist. You may consider looking for work as an educational consultant or a trainer in business. Others use education degrees in careers related to coaching (such as an athletic director) or for educational programming departments in museums or park systems.

Regardless of your immediate career goals, a graduate education degree allows you to seize interesting opportunities as they come along, providing skills in teaching, planning, time and people management, research, and writing that can be applied to any number of careers.

## Computers

A **computer** is a machine that manipulates data according to a set of instructions.

Although mechanical examples of **computers** have existed through much of recorded human history, the first electronic computers were developed in the mid-20th century (1940–1945). These were the size of a large room, consuming as much power as several hundred modern personal computers (PCs).[1] Modern computers based on integrated circuits are millions to billions of times more capable than the early machines, and occupy a fraction of the space.[2] Simple computers are small enough to fit into a wristwatch, and can be powered by a watch battery. Personal computers in their various forms are icons of the Information Age and are what most people think of as "computers". The embedded computers found in many devices from MP3 players to fighter aircraft and from toys to industrial robots are however the most numerous.