

Concurrency Basics
Textbooks on operating systems talk about "processes" — "threads of control" executing "concurrently", i.e., at the same time (in fact or in effect). Each is a sequence of steps, like the (sequential) programs you've written.
How does it work? Conceptually, all processes not waiting for something (such as I/O) run at the same time. Operating system basically simulates one CPU per thread, with real CPU(s) switching back and forth among them.
This turns out to be a good mental model for managing applications, and activities of the O/S itself. It also means you could get better performance with more than one CPU/core — can potentially have more than one thing actually running at the same time.
But there are some potential pitfalls, involving interaction among processes/threads.

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Concurrent/Parallel Programming in C No support in standard C for either model. Support provided in the form of libraries and/or compiler extensions. For distributed-memory model, there's MPI ("Message-Passing Interface"); implementations (in the form of a library) available for many (most?) platforms. For shared-memory model, possibly the most-used library in UNIXworld is POSIX threads ("pthreads"). Support for shared-memory model also provided by OpenMP, a standard for compiler extensions. (Examples as time permits.)

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