One approach popular for requirements analysis is Use Case analysis..  
Assembly languages were soon developed that let the programmer specify instruction in a text format (e.g., ADD X, TOTAL), with abbreviations for each operation code and meaningful names for specifying addresses.  
Programmers typically use high-level programming languages that are more easily intelligible to humans than machine code, which is directly executed by the central processing unit.  
Unreadable code often leads to bugs, inefficiencies, and duplicated code.  
 Readability is important because programmers spend the majority of their time reading, trying to understand, reusing and modifying existing source code, rather than writing new source code.  
Many programmers use forms of Agile software development where the various stages of formal software development are more integrated together into short cycles that take a few weeks rather than years.  
Later a control panel (plug board) added to his 1906 Type I Tabulator allowed it to be programmed for different jobs, and by the late 1940s, unit record equipment such as the IBM 602 and IBM 604, were programmed by control panels in a similar way, as were the first electronic computers.  
Programming languages are essential for software development.  
While these are sometimes considered programming, often the term software development is used for this larger overall process – with the terms programming, implementation, and coding reserved for the writing and editing of code per se.  
It involves designing and implementing algorithms, step-by-step specifications of procedures, by writing code in one or more programming languages.  
Languages form an approximate spectrum from "low-level" to "high-level"; "low-level" languages are typically more machine-oriented and faster to execute, whereas "high-level" languages are more abstract and easier to use but execute less quickly.  
Expert programmers are familiar with a variety of well-established algorithms and their respective complexities and use this knowledge to choose algorithms that are best suited to the circumstances.  
This can be a non-trivial task, for example as with parallel processes or some unusual software bugs.  
They are the building blocks for all software, from the simplest applications to the most sophisticated ones.  
Proficient programming usually requires expertise in several different subjects, including knowledge of the application domain, details of programming languages and generic code libraries, specialized algorithms, and formal logic.