-If traveling at $60 \mathrm{~km} / \mathrm{hr}$, your car can brake to a stop within a distance of 20 m .
-One morning you're running late for school, flying down the road at $120 \mathrm{~km} / \mathrm{hr}$, and you come up to a stop light. -What is your braking distance? Hint: set the 2 equations for work equal to each other and use proportional reasoning. (Assume braking force is the same)

## POTENTIAL ENERGY

How much energy an object has by virtue of its position or configuration
i.e. When you wind a wind-up toy, you do work on the toy and put energy into the system, which it then releases over time

## GRAVITATIONAL POTENTIAL ENERGY

Ash Ketchum (mass 33.5 kg ) carries
2 pokemon (mass 6.0 kg and 49.5 kg ) up a cliff. If the cliff is 5.0 m from the ground, how much work does Ash do?

$$
\begin{aligned}
& W=m g h=89 \mathrm{~kg} \times 9.8 \mathrm{~m} / \mathrm{s}^{2} \times 5 \\
& \mathrm{~m}=4361 \mathrm{~J}
\end{aligned}
$$

## GRAVITATIONAL POTENTIAL ENERGY

$\mathrm{PE}_{\mathrm{G}}=m g h$
$=$ weight x height $h$ above some reference point
$\mathrm{W}_{\mathrm{G}}=-\Delta P E_{G}$

## PATH DOESN'T MATTER



You and your friend (same mass) need to get to the third floor of the high school. You run up the stairwell while your friend takes the elevator. Who has the greater gravitational potential energy $\left(\mathrm{PE}_{\mathrm{G}}\right)$ when you both reach the top?

1. You
2. Your friend
3. Both will be the same
4. Need more information

You and your friend (same mass) need to get to the third floor of the high school. You run up the stairwell while your friend takes the elevator. Who has the greater gravitational potential energy $\left(\mathrm{PE}_{\mathrm{G}}\right)$ when you both reach the top?

1. You
2. Your friend
3. Both will be the same
4. Need more information

If $y=0$ at point $A$, what is the PE of the car at point $B$ and point $C$
relative to point $A$ ?
What is the change in PE between B and C?


## SPRING FORCE ( $\mathrm{F}_{\mathrm{s}}$ )

Hooke's Law
$F_{s}=-k x$


How much work is needed to stretch or compress a spring?
Not $W=F_{s} x$
Why?
Variable force!


FAS. V

$$
F_{A}=-F_{s}=k x
$$

# A SPRING HAS A SPRING CONSTANT K OF 440 N/M. HOW MUCH MUST THIS SPRING BE STRETCHED TO STORE 25 J OF PE? 

## Elastic Potential Energy

When compressed or stretched, a spring gains elastic potential energy.


## CONSERVATIVE VS. NONCONSERVATIVE FORCES

Work done against gravity does not depend on the path taken
Forces for which work done doesn't depend on path but only on initial and final positions are called conservative forces
l.e. gravitational, elastic (spring), electric

## CONSERVATIVE VS. NONCONSERVATIVE FORCES

Nonconservative forces do depend on the path
l.e. friction, air resistance, tension, push or pull

## FRICTION

50 N of friction act on a box that is dragged across the floor from A to B . How much work is done by friction along the three paths shown to the right?


1: $(.5 \times \pi \times 5 \mathrm{~m}) \times-50 \mathrm{~N}=-393 \mathrm{~J}$
2: $(5 \sqrt{5 m}) x-50 \mathrm{~N}=-354 \mathrm{~J}$
3: $10 \mathrm{~m} \times-50 \mathrm{~N}=-500 \mathrm{~J}$

## CONSERVATIVE FORCES AND PE

Potential energy is the energy associated with position or configuration
Only makes sense if it can be stated uniquely for a given point
Can't be done with nonconservative forces Potential energy can be defined only for a conservative force

WORK-ENERGY THEOREM REVIIITED
$\mathrm{W}_{\text {net }}=\mathrm{W}_{\mathrm{C}}+\mathrm{W}_{\mathrm{NC}}$
$W_{\text {net }}=\Delta K E$
$W_{C}=-\Delta P E$
$\mathrm{W}_{\mathrm{NC}}=\Delta \mathrm{KE}+\Delta \mathrm{PE}$
Note: make sure to include every force acting on a system

