

**Definitions:**

Potential Energy: Energy that has not yet happened (stored energy)  $PE=MGH$

Kinetic Energy: Energy due to motion

$KE = \frac{1}{2} MV^2$   
(remember this means  $0.5 * \text{Mass} * \text{Velocity} * \text{Velocity}$ )

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Energy: The Ability to do work, You must have energy to accomplish work - it is like the "currency" for performing work. To do 100 joules of work, you must expend 100 joules of energy.

Work: refers to an activity involving a force and movement in the direction of the force.

$\text{Work} = \text{Force} * \text{Displacement} (W=FD)$

Work and Energy are measured in Joules

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Power: The rate of doing work

$\text{Power} = \text{Work} / \text{time} (P=W/T)$

measured in Watts

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