

Ch.11 Reading Quiz:

- For conservative forces, **Force** can be found as being $-1 \times$ the derivative of
- A. impulse.
- B. kinetic energy.
- C. momentum.
- D. potential energy.
- E. work.



- If you have a conflict at that time, and you were *not* registered for the alternate sitting for test 1, you must visit MP129 and fill out a conflict form for test 2 by Thursday Nov. 17 by 5:00pm.
- The alternate sitting will take place on Wednesday Nov. 23 at 7:40am.

Last day I asked at the end of class:

- If one object does work on another object, does energy always get transferred from one object to the other?
- ANSWER:
- Yes!
- When object 1 does positive work on object 2, then object 1 loses some form of energy, and object 2 gains this energy.
- Equivalently, during this process, we can say that object 2 does negative work on object 1.
 Again, object 1 loses energy and object 2 gains it.

















- Leo is doing a bench press, and he slowly pushes the bar up a distance of 0.30 m while pushing upwards on the bar with a force of 200 N. The bar moves with a constant velocity during this time.
- During the upward push, how much work does Leo do on the bar?

Α.	60 J
Β.	120 J
C.	0 J
D.	-60 J
E.	-120 J

 Leo is doing a bench press, and he slowly lowers the bar down a distance of 0.30 m while pushing upwards on the bar with a force of 200 N. The bar moves with a constant velocity during this time. During the downward lowering, how much work does Leo do on the bar?
A. 60 J
B. 120 J

C. 0 J D. -60 J E. -120 J

- Leo slowly carries a barbell sideways a distance of 0.30 m while pushing upwards on the bar with a force of 200 N. The bar moves with a constant velocity during this time.
- During the sideways movement, how much **work** does Leo do on the bar?



- One food Calorie (note the capital "C", also sometimes called a kilocalorie) is equal to 4186 Joules.
- Fat is a good form of energy storage because it provides the most energy per unit mass.
- 1 gram of fat provides about 9.4 (food) Calories.
- **Example:** Your mass is 70 kg. You climb the stairs of the CN Tower, a vertical distance of 340 m. How much energy does this take (minimum)?
- [answer = 230,000 Joules]
- How much fat will you burn doing this?
- [answer = 0.01 lbs of fat]

The Work – Kinetic Energy Theorem:

• The work done by the net force on an object as it moves is called the "net work", W_{net} .

• The the net work causes the object's kinetic energy to change by:

 $\Delta K = W_{\text{net}}$.

A particle moving along the *x*-axis experiences the *net* force shown in the graph. The particle starts *at rest* at $x_i = 0$. What is the *kinetic energy* of the particle when it reaches $x_f = 4$ m?



- under the curve is a form of energy called work When you plot Potential Energy versus
- distance, the slope of the curve is related to Force.

$$F_x = -\frac{dU}{dx}$$



The Work – Kinetic Energy Theorem:

• The the net work causes the object's kinetic energy to change by:

$$\Delta K = W_{\rm net} = W_{\rm c} + W_{\rm diss} + W_{\rm ex}$$

• $W_{\rm c} = -\Delta U$ is the work done by conservative forces, and is equal to the negative of the change in potential energy.

• $W_{\rm diss} = -\Delta E_{\rm th}$ is the work done by dissipative forces, and is equal to the negative of the thermal energy created.

• W_{ext} is the work done by other external forces.



D. $K \rightarrow E_{\text{th}}$. E. There is no transformation because energy is conserved.





