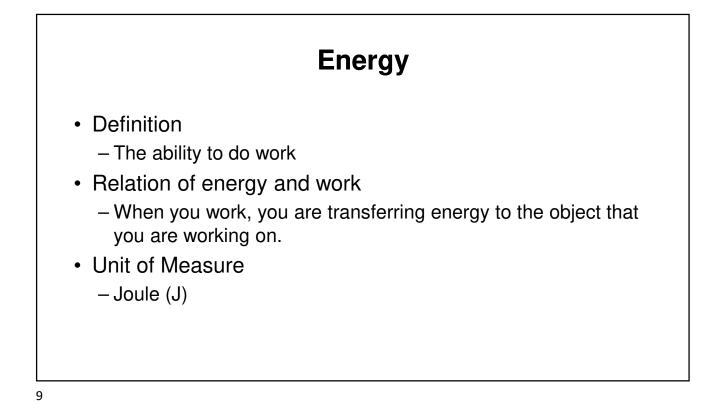
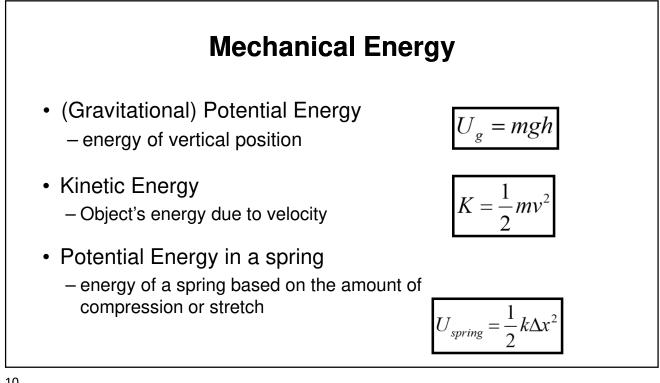


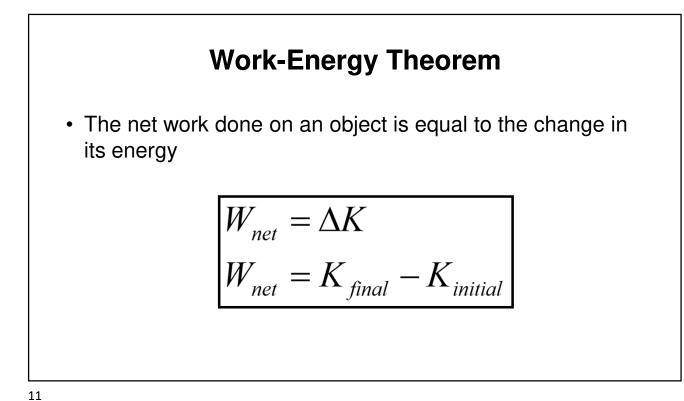
7

Sample Problem

 A 200.0 g mass is hung from a spring with a spring constant of 33.6 N/m. How far will the spring stretch from its original position? How much work is done in stretching the spring?







Law of Conservation of Energy

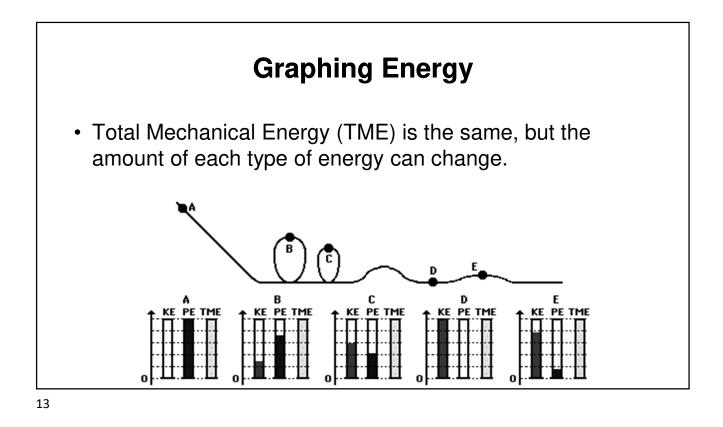
- Within a closed and isolated system, energy can change form; but the total amount of energy is constant.
- Energy cannot be created or destroyed, but it can change form.

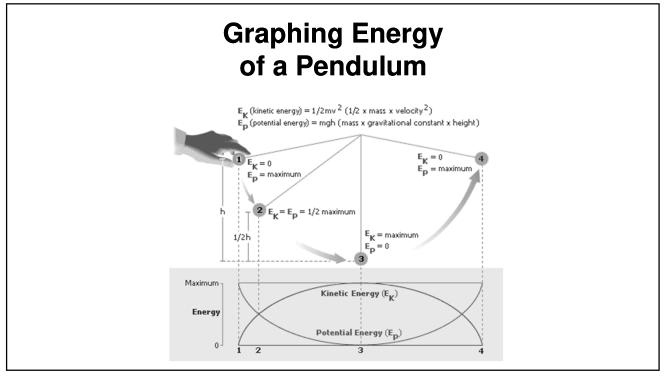
$$E_i = E_f$$

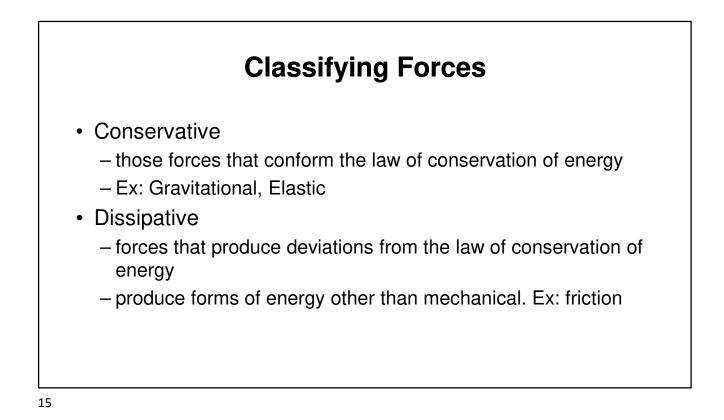
$$W_i + U_{g_i} + U_{s_i} + K_i = W_f + U_{g_f} + U_{s_f} + K_f$$

 $(Fd + mgh + \frac{1}{2}kx^{2} + \frac{1}{2}mv^{2})_{initial} = (Fd + mgh + \frac{1}{2}kx^{2} + \frac{1}{2}mv^{2})_{final}$

12

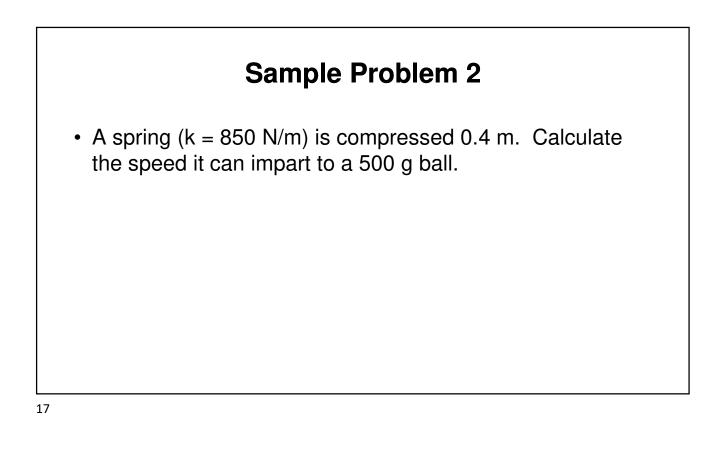






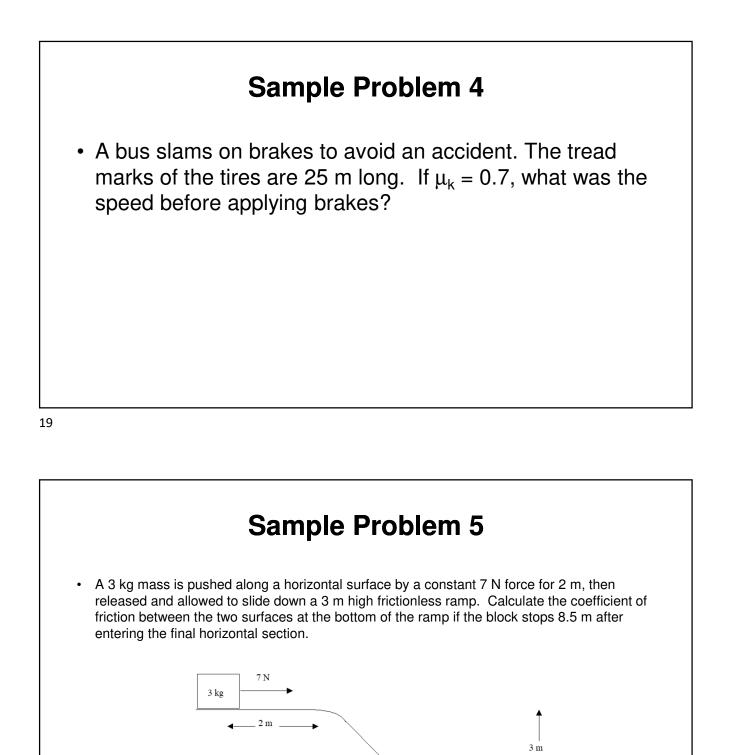
Sample Problem

 If a 15.0 kg slides down a 2.35 m incline, what is the velocity of the block when it leaves the incline? (Assume no friction)



Sample Problem 3

 A baseball (m = 140 g) traveling at 30 m/s moves a fielder's glove backward 35 cm when the ball is caught. Calculate the average force exerted by the ball on the glove.



_____ 8.5 m