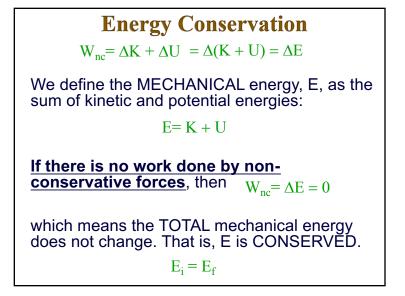
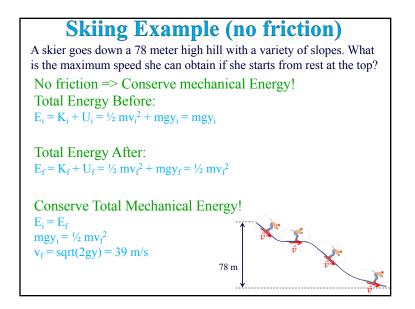
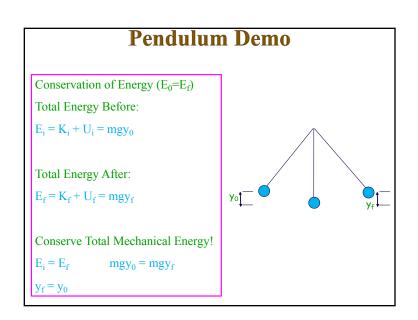


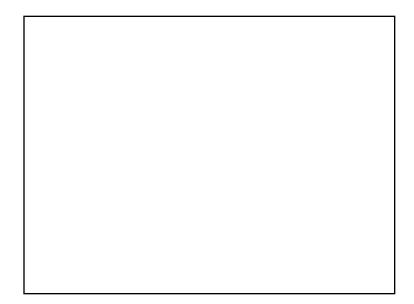
How gravitational potential energy and work done by gravity "works"

Example: You raise a brick of mass M from the floor to a height H. Work done by gravity is: -MgH(F is down and "d=H" is up so angle is 180°, so $W_g = (Mg)dcos180^\circ = -MgH)$ Change in potential energy is $Mg(h_f - h_i)=MgH$ So... $W = -\Delta U$. NOTE: Your hand does positive work of MgH What if we lower the brick from H to the floor?









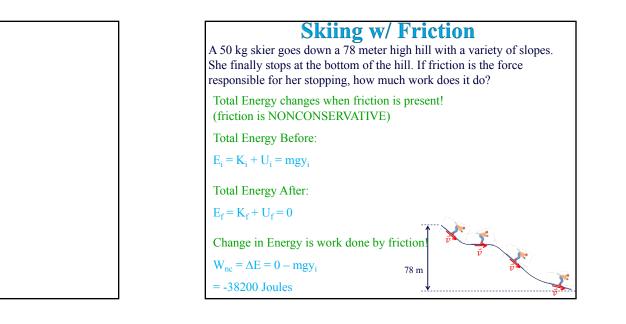
Potential energy stored in springs

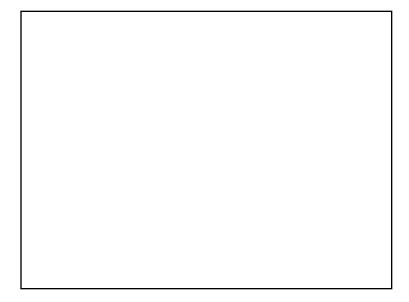
The spring force is conservative, and so work done by springs can be written as the negative change in potential energy:

 $W_{spring} = -\Delta U_{spring}$

The potential energy stored in a spring that is compressed a distance d, or stretched a distance d, is given by:

 $U_{spring} = \frac{1}{2} kd^2$





Power (Rate of Work)

P = W / ∆t
→Units: Joules/Second = Watt

 How much power does it take for a (70 kg) student to run up the stairs in 141 Loomis (5 meters) in 7 sec?

P = W / t

- = mgh /t
- = (70 kg) (9.8 m/s²) (5 m) / 7 s
- = 490 J/s or 490 Watts

Example

A block of mass M slides on a frictionless ramp from a height H, then enters a rough horizontal region, then compresses a spring having spring constant k a distance D. How much work was done by kinetic friction in terms of M, k, D, and H?

Big Idea: Apply the Work-Kinetic Energy Thm Justification: W-KE Thm relates work to KE and Pot. E, and the last two are related to M, k, D & H Plan: 1) Apply W-KE Thm: $W_{nc} = \Delta E$ 2) Friction is only non-conservative force doing work, $W_{nc}=W_{fric}$ 3) For right-hand-side, write down E=K+U in final and initial states and subtract them; in initial state there is only gravitational U. In final state there is only spring U. $W_{fric} = E_f - E_i$

