

Basic Work Problems. Equations used: $W = F d$

1) a) How much work does a weightlifter do to lift a 20 kg weight from the floor to a height of 2 m? b) How much work does the weightlifter do if he holds the weight above his head?

a) 400 J $W = F \cdot d = (20 \times 10)(2 \text{ m})$ b) 0 J

2) If the same weightlifter uses a different weight and does 15000 J of work, what is the mass of the new weight?

750 kg $W = 15000 \text{ J}$ $d = 2 \text{ m}$ $W = F \cdot d$ $W = (mg)d$ $m = \frac{W}{gd} = \frac{15000 \text{ J}}{10(2)} = 750 \text{ kg}$

3) One summer while mowing the lawn you wonder, "How much work am I actually doing?" You push the lawnmower down at an angle of 20° below the horizontal, with a force of 100 N a distance of 500 m. Answer your own question.

46984 J $W = F \cdot d$ $W = (100 \cos 20^\circ)(500 \text{ m}) = 46984 \text{ J}$
F · d must be in same direction

Basic Power Problems. Equations used: $P = W/t$

4) If the weightlifter from the first and second problem does 15000 J in 2 seconds, how powerful is he?

7500 W $W = 15000$ $t = 2 \text{ s}$ $P = \frac{W}{t} = \frac{15000 \text{ J}}{2 \text{ s}} = 7500 \text{ W}$

5) Reading the paper this weekend, I noticed Value City was selling a 1500 W generator for \$159. It was advertised to run 9 hours on one tank of gas. How much work/energy could it do/provide on one tank of gas?

$4.86 \times 10^7 \text{ J}$ $t = 9 \text{ hrs} = \frac{3600 \text{ s}}{1 \text{ hr}}$ $P = 1500 \text{ W}$ $P = \frac{W}{t}$ $W = P \cdot t = (1500 \frac{\text{J}}{\text{s}})(9 \text{ hrs})(\frac{3600 \text{ s}}{1 \text{ hr}})$

6) An 80kg freshman runs up the 3.45 m stairs in 5 seconds. How powerful is the freshman?

552 W $W = F \cdot d = mgd$ $P = \frac{W}{t} = \frac{(80 \text{ kg})(10 \frac{\text{m}}{\text{s}^2})(3.45)}{5 \text{ s}}$

Basic Energy Problems. Equations used: $KE = \frac{1}{2} m v^2$ $PE_G = m g h$ $PE_E = \frac{1}{2} k x^2$

7) How fast is a 40 kg sledder moving if they have 20000J of energy?

$31.6 \frac{\text{m}}{\text{s}}$ $KE = \frac{1}{2} m v^2$ $v = \sqrt{\frac{2KE}{m}} = \sqrt{\frac{2(20000)}{40}}$

8) A 15 kg monkey is sitting in a branch. How high is the branch if the monkey has 10000 J of energy?

6.67 m $PE_G = mgh$ $h = \frac{PE}{mg} = \frac{10000}{(15)(10 \frac{\text{m}}{\text{s}^2})}$

9) A mischievous student pulls a rubber band back .02 m. If the rubber band has 400 J of stored energy, what is the spring constant of the rubber band?

$2 \times 10^6 \frac{\text{N}}{\text{m}}$ $x = .02 \text{ m}$ $PE_E = 400 \text{ J}$ $PE_E = \frac{1}{2} k x^2$ $k = \frac{2PE_E}{x^2} = \frac{(2)(400 \text{ J})}{(.02)^2}$

Work/Energy Theorem Problems. Equations used: $W = \Delta NRG$

10) An 8kg bowling ball sits at rest on the ground. If you push the ball with a force of 10 N over a distance of 30 m, how fast is it going after the 30 m?

$8.66 \frac{\text{m}}{\text{s}}$ $W = \Delta KE$ $W = KE_f - KE_i$ $F = 10 \text{ N}$ $m = 8 \text{ kg}$ $d = 30 \text{ m}$ $W = F \cdot d = KE_f$ $(10 \text{ N})(30 \text{ m}) = \frac{1}{2}(8 \text{ kg})(v)^2$ $v = \sqrt{\frac{2(10)(30)}{8}}$

11) 4000 J is used in lifting a 20 kg crate. How high was the crate lifted?

20 m $W = 4000 \text{ J}$ $g = 10$ $m = 20 \text{ kg}$ $h = ?$ $W = \Delta PE$ $W = PE_f - PE_i = mgh_f$ $h = \frac{W}{mg} = \frac{4000 \text{ J}}{(20)(10)}$

12) A race car takes off from rest and reaches a maximum speed of 100 m/s in a distance of 400m. What force is applied to the car?

12500 N $W = F \cdot d = \Delta KE = KE_f - KE_i = \frac{1}{2} m v_f^2$ $F = \frac{\frac{1}{2} m v_f^2}{d} = \frac{\frac{1}{2}(1000)(100)^2}{400}$
MASS OF RACECAR IS 1000 kg (OOPS!)

Conservation of Energy Problems. Equations used: $NRG_{\text{bef}} = NRG_{\text{during}} = NRG_{\text{aft}}$

13) A roller coaster starts at the top of a 200 m initial drop. How fast does the coaster travel at the bottom of the hill?

63.2 m/s $PE_{\text{TOP}} = KE_{\text{BOT}} \quad mgh = \frac{1}{2}mv^2 \quad v = \sqrt{\frac{2mgh}{m}} = \sqrt{2(10)(200)}$

14) How high will an 0.2 kg arrow shoot if it is pulled back 0.3m in a bow that has a spring constant of 500 N/m?

11.3 m $PE_{\text{BOT}} = PE_{\text{TOP}} \quad h = \frac{\frac{1}{2}kx^2}{mg} = \frac{\frac{1}{2}(500)(.3)^2}{(.2)(10)}$
 $\frac{1}{2}kx^2 = mgh$

15) How fast would that same arrow be going as soon as it leaves the bow?

15 m/s $PE_{\text{BOT}} = KE_{\text{OUT}} \quad v = \sqrt{\frac{kx^2}{m}} = \sqrt{\frac{500(.3)^2}{.2}}$
 $\frac{1}{2}kx^2 = \frac{1}{2}mv^2$

Basic Momentum Problems. Equations used: $p = mv$

16) How fast is a 12 kg car moving if it has a momentum of 900 Ns?

75 m/s $p = mv \quad v = \frac{p}{m} = \frac{900}{12}$

17) What is the momentum of a 12 kg shopping cart moving at 3 m/s?

36 N·s $p = mv = (12)(3)$

Momentum/Impulse Problems. Equations used: $Ft = \Delta p = m(v_f - v_i)$

18) A force of 6 N acts on a 3 kg object for 10 s. What is the object's change in momentum? b) What is its change in velocity?

60 N·s $F \cdot t = \Delta p \quad (6N)(10s) = \Delta p$
 20 m/s $F \cdot t = m(\Delta v) \quad \Delta v = \frac{F \cdot t}{m} = \frac{(6)(10)}{3}$

19) What force is needed to bring a 2000kg car moving at 20.0 m/s to a halt in 20 s?

-2000 N $v_i = 20 \text{ m/s} \quad t = 20 \text{ s} \quad F = ? \quad F \cdot t = m(v_f - v_i) \rightarrow F = \frac{(2000)(0 - 20)}{20}$
 $v_f = 0 \quad m = 2000 \text{ kg} \quad F = \frac{m(v_f - v_i)}{t}$

20) A net force of 5000N acts on a rocket of mass 1000kg. How long does it take this force to increase the rocket's velocity from 0 to 200 m/s?

40 s $F = 5000 \text{ N} \quad t = ? \quad F \cdot t = m(v_f - v_i) \rightarrow t = \frac{1000(200 - 0)}{5000}$
 $m = 1000 \text{ kg} \quad v_i = 0 \quad v_f = 200 \text{ m/s} \quad t = \frac{m(v_f - v_i)}{F}$

Conservation of Momentum Problems...Explosions. Equations used: $p_{\text{bef}} = p_{\text{aft}}$

21) A 40kg projectile leaves a 2000kg launcher with a velocity of 800 m/s. What is the recoil velocity of the launcher?

16 m/s $p_{\text{BEF}} = 0 \text{ so } p_{\text{AFT}} = 0 \text{ so } \begin{matrix} \text{LEFT} & \text{RIGHT} \\ m_1 v_1 & = & m_2 v_2 \\ (40)(800) & = & 2000(v) \end{matrix}$

22) You have a mass of 50 kg, and you are standing on a 3 kg skateboard. You decide to leap forward off the skateboard. It shoots back at a velocity of 13 m/s, how fast do you move forward?

278 m/s $p_{\text{BEF}} = 0 \text{ so } p_{\text{AFT}} = 0 \text{ so } \begin{matrix} \text{LEFT} & \text{RIGHT} \\ m_1 v_1 & = & m_2 v_2 \\ 50(v) & = & 3(13) \end{matrix}$

Conservation of Momentum Problems...Collisions. Equations used:

Before After
 elastic collision $m_1 v_1 + m_2 v_2 = m_1 v_1 + m_2 v_2$
 inelastic collision $m_1 v_1 + m_2 v_2 = (m_1 + m_2) v$

23) Moving at 30m/s, a 600 kg truck slams into a stationary car of mass 400kg. If they become stuck together, what velocity do they fly off at?

18 m/s $\begin{matrix} \text{BEF} & \text{AFT} \\ m_1 v_1 + m_2 v_2 & = & (m_1 + m_2) v \\ 600(30) + 0 & = & (600 + 400) v \end{matrix}$

24) A plastic ball of mass 0.200 kg moves with a velocity of 0.3m/s. This plastic ball collides with a second plastic ball of mass 0.100kg that is moving along the same line at a velocity of 0.10m/s. After the collision, the velocity of the 0.100 kg ball is 0.26 m/s. What is the velocity of the second ball?

0.22 m/s $\begin{matrix} \text{ELASTIC} & \text{BEF} & \text{AFT} \\ m_1 v_1 + m_2 v_2 & = & m_1 v_1 + m_2 v_2 \\ (0.2)(0.3) + (0.1)(0.1) & = & (0.2)v + (0.1)(0.26) \end{matrix}$