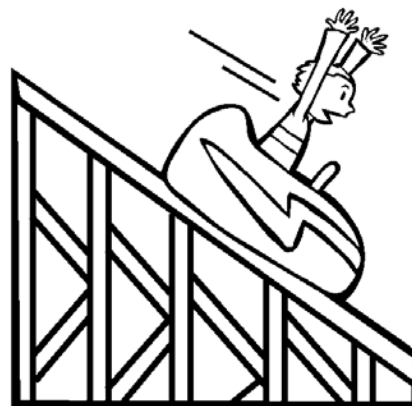


Law of Conservation of Energy

The Law of Conservation of Energy:

- Energy cannot be _____, but it can change from one form to another
- The _____ of an isolated system remains _____



Recall that both _____ and _____
_____ are types of _____.

The Law of Conservation of Mechanical Energy states that, in a frictionless system, _____
_____ throughout motion.

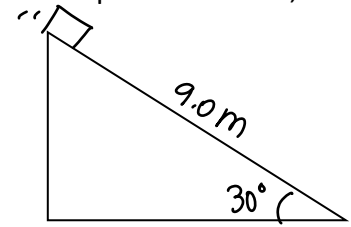
- In other words, the _____.
- Note: if there is friction, some mechanical energy will be converted to _____

Practice Questions: (Use 9.8 m/s^2)

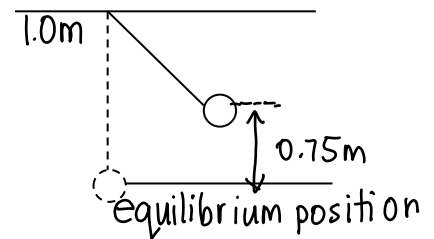
1. A heavy object is dropped from a vertical distance of 12.0 m above the ground. What is the speed of the object as it hits the ground? (15.3 m/s)

2. A heavy object is thrown vertically down from the top of a $1.00 \times 10^2 \text{ m}$ building at a velocity of 10.0 m/s. What is the speed as it reaches the ground? (45.4 m/s)

3. A heavy object slides down a frictionless surface. If the box starts from rest at the top of the incline, what is its speed at the bottom? (9.4 m/s)



4. A pendulum is dropped from the position shown in the diagram 0.75 m above the equilibrium position. What is the speed of the pendulum bob as it passes through the equilibrium position? (3.8 m/s)



5. A roller coaster car starts from rest at point A. What is the speed of the car at point C if the track is frictionless?

