

# POTENTIAL ENERGY

Energy due to position or state of an object, capable of doing work.

**Gravitational Potential Energy (GPE)**

- $GPE = m \cdot g \cdot h$
- $m$  = mass (kg)
- $g$  = gravitational field strength (N/kg)
- $h$  = height above reference level (m)

## examples

1. A 2 kg mass is lifted 5 m.  $GPE = 2 \times 10 \times 5 = 100 \text{ J}$

2. A 5 kg mass is lifted 2 m.  $GPE = 5 \times 10 \times 2 = 100 \text{ J}$

3. A 1 kg mass is lifted 10 m.  $GPE = 1 \times 10 \times 10 = 100 \text{ J}$

4. A 10 kg mass is lifted 1 m.  $GPE = 10 \times 10 \times 1 = 100 \text{ J}$

## practice

1. A 3 kg mass is lifted 4 m.  $GPE = 3 \times 10 \times 4 = 120 \text{ J}$

2. A 4 kg mass is lifted 3 m.  $GPE = 4 \times 10 \times 3 = 120 \text{ J}$

3. A 5 kg mass is lifted 2 m.  $GPE = 5 \times 10 \times 2 = 100 \text{ J}$

4. A 6 kg mass is lifted 1 m.  $GPE = 6 \times 10 \times 1 = 60 \text{ J}$

# KINETIC ENERGY

Energy due to motion.

**Kinetic Energy (KE)**

- $KE = \frac{1}{2} m v^2$
- $m$  = mass (kg)
- $v$  = speed (m/s)

## examples

1. A 2 kg mass moves at 5 m/s.  $KE = \frac{1}{2} \times 2 \times 5^2 = 25 \text{ J}$

2. A 5 kg mass moves at 2 m/s.  $KE = \frac{1}{2} \times 5 \times 2^2 = 10 \text{ J}$

3. A 1 kg mass moves at 10 m/s.  $KE = \frac{1}{2} \times 1 \times 10^2 = 50 \text{ J}$

4. A 10 kg mass moves at 1 m/s.  $KE = \frac{1}{2} \times 10 \times 1^2 = 5 \text{ J}$

# TYPES OF ENERGY

## 1. KINETIC ENERGY

Energy due to motion

- translational** - movement in a straight line
- rotational** - movement in a circle
- vibrational** - movement up and down

## 2. POTENTIAL ENERGY

Energy stored in an object

- gravitational** - due to height
- elastic** - due to stretching
- nuclear** - stored in the nucleus

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**Kaplan Test Prep**



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