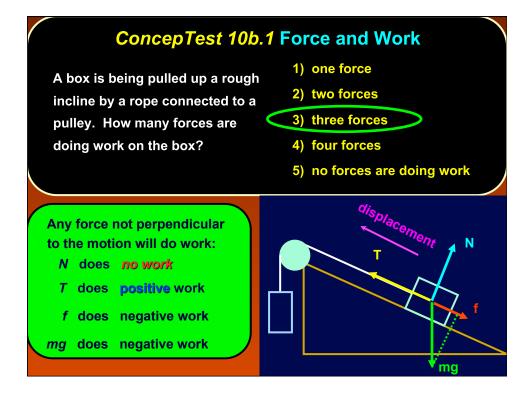
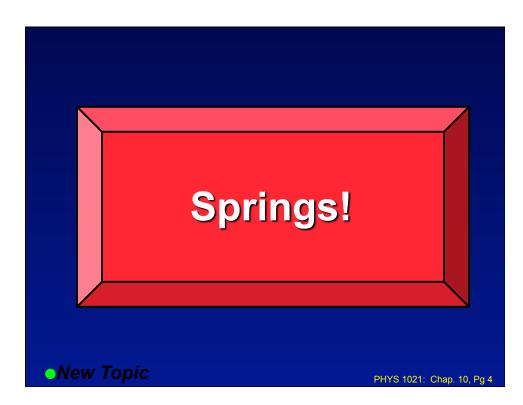
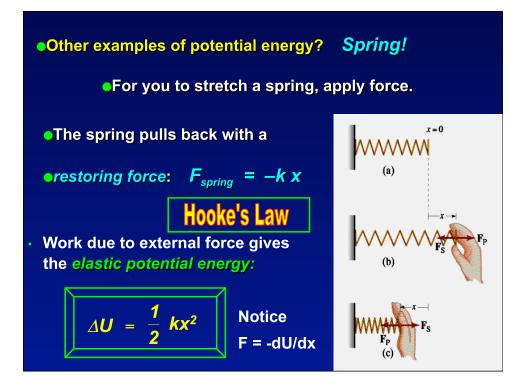
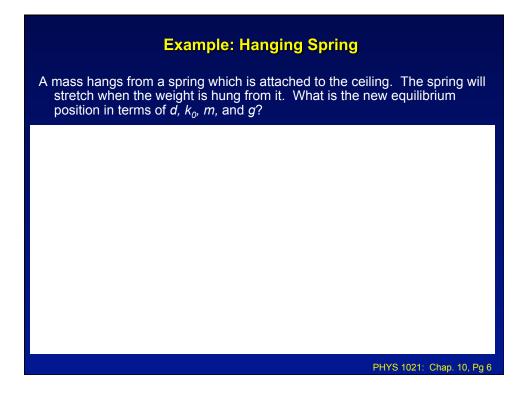


# <text><text><list-item><list-item><list-item><list-item><list-item>ConcepTest 10b.1 Force and WorkA box is being pulled up a rough<br/>incline by a rope connected to a<br/>pulley. How many forces are<br/>doing work on the box?1) one force<br/>2) two forces<br/>3) three forces<br/>4) four forces<br/>5) no forces are doing work101<





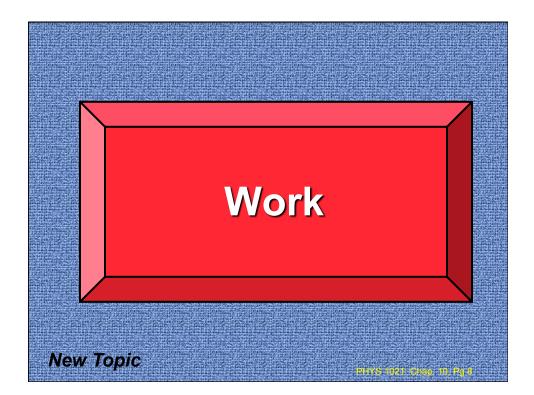


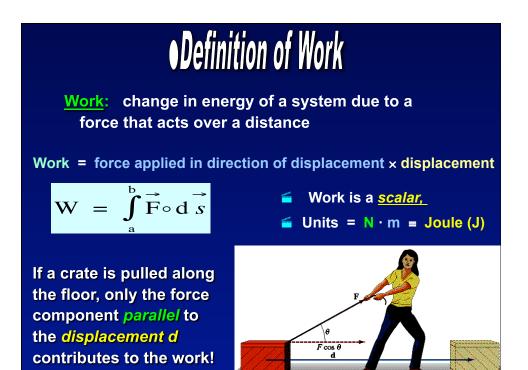


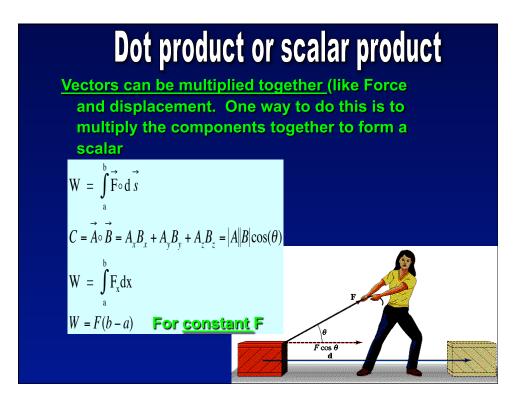
# Tangible: 2 Hanging Springs

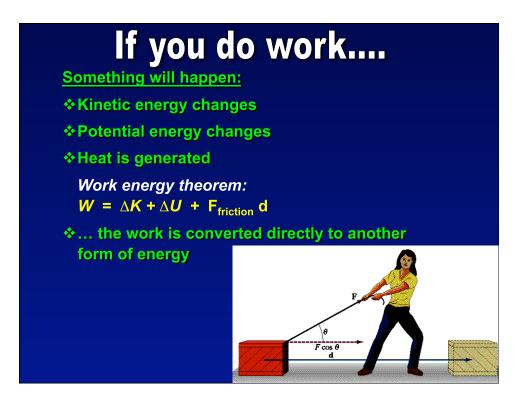
A mass hangs from two springs which are linked end to end, each of which has a rest length *d* and a spring constant  $k_0$ . As in the example, the springs will stretch when the weight is hung from it. What are the new spring constant and equilibrium position in terms of  $k_0$ , *d*, *m*, and *g*. What if the springs are hung in parallel (side by side) from the ceiling? Use rubber bands and weights as proxies for the springs to verify your answer.

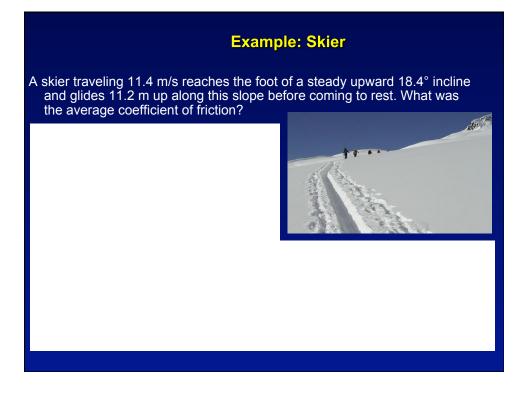
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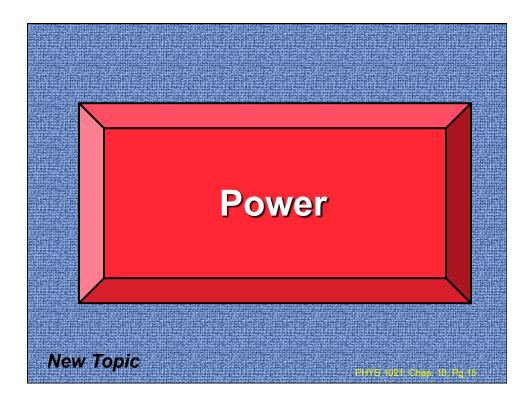


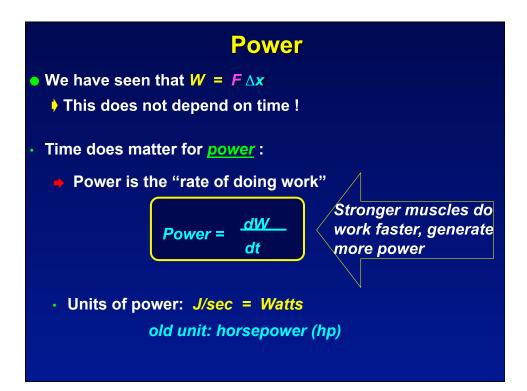
## **Ponderable: Skier**

- A skier traveling 11.4 m/s reaches the foot of a steady upward 18.4° incline and glides 11.2 m up along this slope before coming to rest. What was the average coefficient of friction?
- The skier turns right around and glides down the slope. What will be her speed at the bottom?



Ponderable: Spring
User LoggerPro to draw an energy diagram for the spring.
<ul> <li>Download the movie and insert it into LoggerPro <u>http://www.gwu.edu/~phy21bio/Ponderables/spring.mov</u></li> </ul>
<ul> <li>Use the point capture feature to plot x and v<sub>x</sub>Insert new calculated columns which calculate the potential and the kinetic energy and the total energy.</li> </ul>
Make a plot of PE, KE, TE as a function of x.
What is the spring constant ?
What is the maximum potential energy?
What is the maximum kinetic energy?
What is the maximum position, also called the turning point?





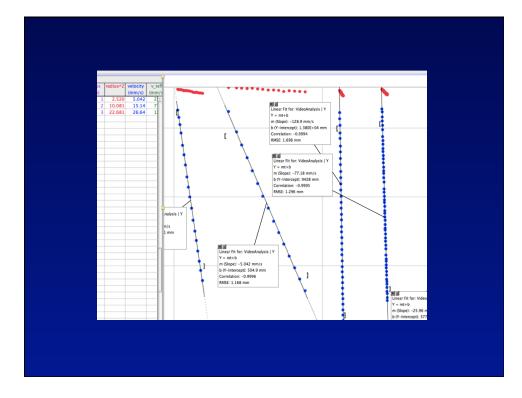
# Example: Alicia Weber

Alicia Weber has held a number of strength /endurance world records, including the most pullups in 1 min (31), in 30 mins. (345), and in 60 mins (560). What was the power output of her muscles in setting those records?



Note the 10 lb medicine ball !!

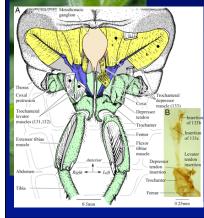




### **Ponderable: Powerful Frog Hoppers**

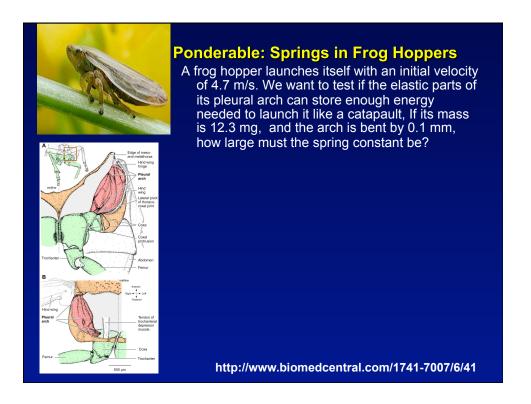


A frog hopper is a 6 mm long insect that is the world high jump champion. This 12.3 mg insect can jump 700 mm or 100 times its length, but the power required to do this is quite large. A frog hopper launches itself with an initial velocity of 4.7 m/s in 1 ms. How much energy is lost to air resistance? What is the power needed to do this per kg of muscle (weight of muscle)? The maximum power that can be generated by muscle is 250 W/kg (a human athlete generates about 10 W/kg). Do you wonder what the Reynold's number is?





ttp://www.biomedcentral.com/1741-7007/6/41



# ConcepTest 6.4 Going Bowling I

 $= F_{av} \Delta t$ 

A bowling ball and a ping-pong ball are rolling towards you with the same momentum. If you exert the same force to stop each one, which takes a longer time to bring to rest?

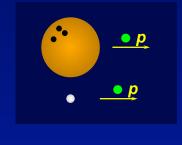
- 1) the bowling ball
- 2) same time for both
- 3) the ping-pong ball
- 4) impossible to say

We know:

$$\Delta t$$

Δp

Here, *F* and △p are the same for both balls!
It will take the same amount of time to stop them.



# ConcepTest 10b.2 Going Bowling II

A bowling ball and a ping-pong ball are rolling towards you with the same momentum. If you exert the same force to stop each one, for which is the stopping distance greater?

- 1) the bowling ball
- 2) same distance for both
- 3) the ping-pong ball
- 4) impossible to say

# **ConcepTest 10b.2 Going Bowling II**

A bowling ball and a ping-pong ball are rolling towards you with the same momentum. If you exert the same force to stop each one, for which is the *stopping distance* greater?

- 1) the bowling ball
- 2) same distance for both
- 3) the ping-pong ball
- 4) impossible to say

Use the work-energy theorem: W = AKE. The ball with less mass has the greater speed (why?), and thus the greater KE (why again?). In order to remove that KE, work must be done, where W = Fd. Since the force is the same in both cases, the distance needed to stop the less massive ball must be bigger.

