

Worksheet # 1 (Total number of points you can get is 3 pts)

1. (1.0 pt) Calculate the amount of work required to accelerate a 1000 kg car from 0 km/hr to 100 km/hr.

$$E_k^{(0)} = 0 \text{ J}, E_k^{(1)} = \frac{1}{2} \cdot 1000 \text{ kg} \cdot \left(\frac{100 \cdot 10^3 \text{ m}}{3.6 \cdot 10^3 \text{ s}} \right)^2 = 385802 \text{ J} \left(\frac{\text{kg m}^2}{\text{s}^2} \right)$$

$$W = \Delta E_k = E_k^{(1)} = 385802 \text{ J} \left(3.9 \times 10^5 \text{ J} \right) \left(385.8 \text{ kJ} \right)$$

2. (1.0 pt) Power is defined as the rate at which work is done. The unit of power is the watt (J/s). What is the power that a man can expend if all his food consumption of 10000 kJ a day is his only source of energy. Assume that 2000 kJ will be stored as fat and not available for work.

$$P = \frac{dW}{dt} = \frac{8000 \times 10^3 \text{ J}}{24 \times 60 \times 60 \text{ s}} = \frac{8000 \times 10^3 \text{ J}}{86.4 \times 10^3 \text{ s}} = 92.59 \text{ J/s}$$

3. The force to stretch a spring a distance x is given by $F = -kx$ with $k = 100 \text{ N/m}$. Assume that all the mass of the spring ($m = 1 \text{ kg}$) is concentrated in a particle at its end. In rest, this particle sits at $x = 0 \text{ m}$.

- (A) (0.5 pt) How much work is done to stretch the spring 0.15 m?

$$W = \int_0^{x_F} F dx = k \int_0^{x_F} x dx = \frac{kx^2}{2} \Big|_0^{0.15 \text{ m}} = \frac{100 \text{ N/m} \cdot (0.15 \text{ m})^2}{2} = 1.125 \text{ Nm} = 1.125 \text{ J}$$

- (B) (0.5 pt) Assume the spring is now released. What is the speed of the particle once it is back at $x = 0 \text{ m}$?

$$x = 0.15 \text{ m}: E_k = 0 \text{ J} \quad E_p = 1.125 \text{ J} \quad E = E_k + E_p = 1.125 \text{ J}$$

$$x = 0 \text{ m}: E_p = 0 \text{ J} \quad E_k = E - E_p = 1.125 \text{ J}$$

$$E_k = \frac{1}{2} m v^2 \Rightarrow v = \sqrt{\frac{2E_k}{m}} = \sqrt{\frac{2.25 \text{ J}}{1 \text{ kg}}} = \sqrt{\frac{2.25 \text{ kg m}^2/\text{s}^2}{1 \text{ kg}}} = \sqrt{2.25 \text{ m}^2/\text{s}^2} = 1.5 \text{ m/s}$$