Section 7.1

Energy : A number we associate with a system of one or more objects.

Kinetic Energy: Energy associated with the *state of motion* of an object

**Formula** : K = 1/2mv2

Section 7.2

Work: Energy is transferred to or from an object via a force acting upon an object.

* Can both be positive and negative, depending on perspective
* Money moving between bank accounts electronically
* Symbol : W
* Formula : W = F\*d \*cos(phi)