

## 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** :  $K = \frac{1}{2}mv^2$

## 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 :  $W = F \cdot d \cdot \cos(\phi)$
-