WORK and POWER   Name _____

B.7 A and B are two weightlifters. They are lifting the exact same weight. They both lift it to the exact same height. However, B lifts the weight *faster* than A does.

i. Which weightlifter did more work?

A. A   B. B   C. they did the same work

Why?

ii. Which weightlifter has more power?

A. A   B. B   C. they have the same power

Why?

WORK and POWER

Name _____

B.8 Four friends people are running up a staircase. The height of the staircase is 30 meters. Find the power of each runner.

i. Fill out the following table.

	Weight (N)	Work Done (J)	Time (s)	Power (W)
John	500		12	
Paul	550		13	
George	588		15	
Ringo	650		15	

ii. Who is the fastest runner?

iii. Who has the most power?

iv. Why does the fastest runner not have the most power?