# CHAPTER 3

* y directed upward
* Choose y = 0
* k is force constant or spring constant (N/m)
* x is spring deformation (m)
* Equilibrium position: x = 0

Non conservative vs Conservative force:

* Nonconservative: fk , air resistance.
  + BECAREFUL! : Work of resistive forces are always negative.
* Conservative: gravity, elastic.
* F=10, Δx=5, cos(F,Δx)=1=>Nc or conservative?
* TWO WAYS TO SOLVE PROBLEMS: