Energy: The ability to do work

Work: the ransfer of energy

work=fd

Power- the time rate at which work is done

Mechanical Energy

* Kinetic
  + Energy of movement
* Potential
  + Energy of position

W=FD

FD=MGH

W=MGH

F Lift=MG

KE=W=FD

FD=MAD

MA(1/2at^2)