

7-7

5 pts

Some physics problems can be solved using either the idea of work-energy OR the kinematic equations we learned earlier in our class. In this problem you will use both and show that they are equivalent. As we always do for this class, we will take the gravitational acceleration to be  $9.800 \text{ m/s}^2$ .

A  $3 \text{ kg}$  object is moving upwards at an initial speed of  $v_0 = 8.1 \text{ m/s}$ . Your job is to calculate how high it will go before it stops.

- (a) What is the object's initial kinetic energy?

J ( $\pm 1 \text{ J}$ )

- (b) What is the object's kinetic energy at its highest location?

J ( $\pm 1 \text{ J}$ )

- (c) Using the work-energy theorem, calculate the maximum height of the object.

m ( $\pm 0.2 \text{ m}$ )

- (d) From kinematics, how long will it take for the object to go from its initial position to its highest point? (use  $v_f = v_i + at$ ).

s ( $\pm 0.005 \text{ s}$ )

- (e) From kinematics, calculate how high the object will go before it stops?

m ( $\pm 0.2 \text{ m}$ )

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web le functional training ou entraînement fonctionnel en français est une forme d entraînement visant à améliorer la qualité des mouvements et à prévenir les blessures à l aide d exercices complexes il implique des mouvements où plusieurs muscles doivent interagir entre eux

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web un programme d entraînement fonctionnel implique souvent de travailler au poids du corps ou d utiliser des haltères ou encore des kettlebells il peut donc facilement être réalisé à la maison 4 l entraînement fonctionnel améliore la mobilité et la coordination

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