

$$W = \int_A^B \mathbf{F}(\vec{r}) \cdot d\vec{r}$$

Work

units $[N \cdot m] = [J]$

Joule

Work energy theorem

$$W_{\text{net force}} = \Delta K$$

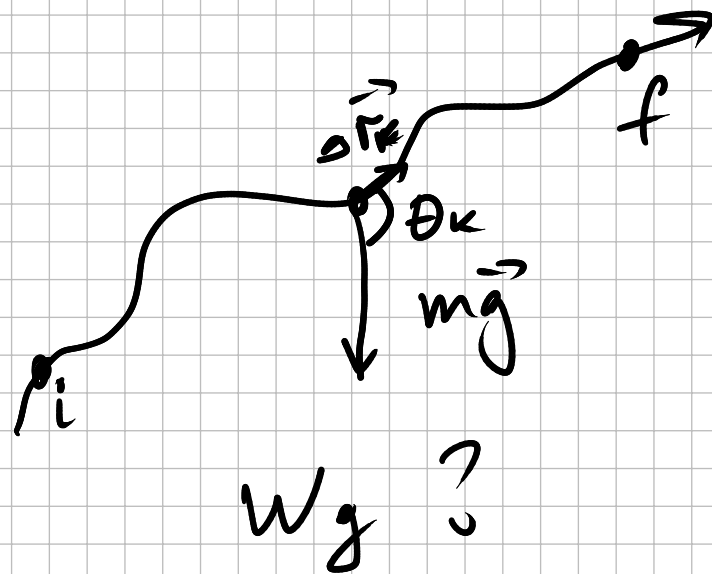
$$K = \frac{m v^2}{2}$$

Kinetic energy

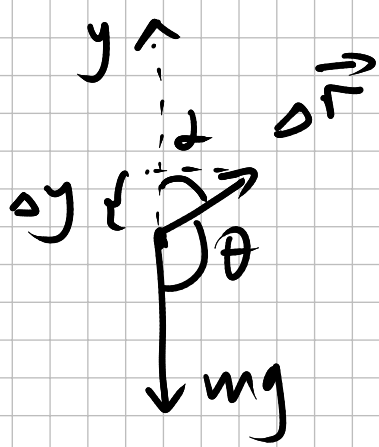
$$W_{\text{net force}} = \frac{m v_f^2}{2} - \frac{m v_i^2}{2}$$

Conservative force

Gravity



$$W_g = \int_i^f \vec{F}_g \cdot d\vec{r} = \sum_k \vec{F}_{g_k} \cdot \Delta \vec{r}_k$$
$$= \sum_k |\vec{F}_g| \cdot |\Delta \vec{r}_k| \cdot \cos \theta_k$$



$$\Delta r \cdot \cos \alpha = \Delta y$$

$$\cos(\theta) = -\cos(\alpha)$$

$$\begin{aligned} \cos(\alpha) &= \cos(180^\circ - \theta) \\ &= -\cos(\theta) \end{aligned}$$

$$W_g = \sum_{\mathbf{k}} |\vec{F}_g| \cdot |\Delta \vec{r}_{\mathbf{k}}| \cdot \cos(\theta_{\mathbf{k}}) = \sum_{\mathbf{k}} |\vec{F}_g| (-\Delta y)_{\mathbf{k}} = -|\vec{F}_g| (y_f - y_i) = -m \cdot g (y_f - y_i)$$

Check $\Delta \vec{r} \uparrow$ points up



$$\Delta W = -mg \cdot \Delta y$$

Conservative force work

$$W_{\text{cons}} = - \left(U(\vec{r}_f) - U(\vec{r}_i) \right)$$

For gravity

$$U(\vec{r}) = m \cdot g \cdot y$$

Potential energy

$$W_{\text{net}} = \Delta K$$

$$W_{\text{non conservative}} + W_{\text{conservative}} = \Delta K$$

$$W_{\text{n.c.}} + (-) \left(U(\vec{r}_f) - U(\vec{r}_i) \right) = \Delta K$$

$$W_{\text{n.c.}} = \Delta U + \Delta K$$

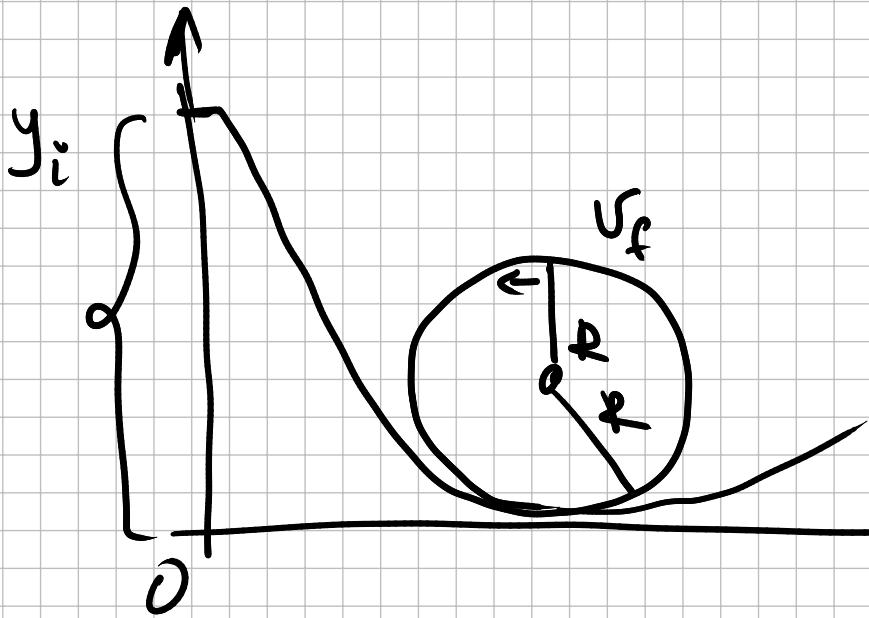
iff there no non-conservative
forces

$$0 = \Delta U + \Delta K$$

$$0 = (U_f - U_i) + (K_f - K_i)$$

$$U_i + K_i = U_f + K_f$$

Energy
conservation



$$U_i + K_i = U_f + K_f$$

$$mgy_i + \underset{\substack{\uparrow \\ \text{at rest}}}{0} = mgy_f + \frac{mv_f^2}{2}$$

$$v_f^2 = 2g(y_i - y_f)$$

Top point



$$\vec{N} + m\vec{g} = m\vec{a} \sim m \frac{v_f^2}{R}$$

$$y_i: \quad -mg = -ma = -m \frac{v_f^2}{R}$$

$$\frac{v_f^2}{R} = g$$

$$v_f^2 = \cancel{Rg} = 2g(y_f - y_i)$$

$$R = 2(-2R + y_i)$$

$$y_i = 2R + \frac{R}{2} = \frac{5}{2}R$$

$$2000 \text{ kcal} \cdot \underbrace{\frac{1}{4.2}}_{\text{J}} = 8.4 \cdot 10^6 \text{ J} = 8.4 \text{ MJ}$$

$$E_{in} = \Delta U = m \cdot g \cdot \Delta h$$

$$h = \frac{E_{in}}{m \cdot g} = \frac{8.4 \cdot 10^6 \text{ J}}{100 \text{ kg} \cdot 10 \frac{\text{m}}{\text{s}^2}} = 8.4 \cdot 10^3 \text{ m} \\ = 8.4 \text{ km} \\ \approx 5 \text{ mi}$$