

## Energy Basic Training

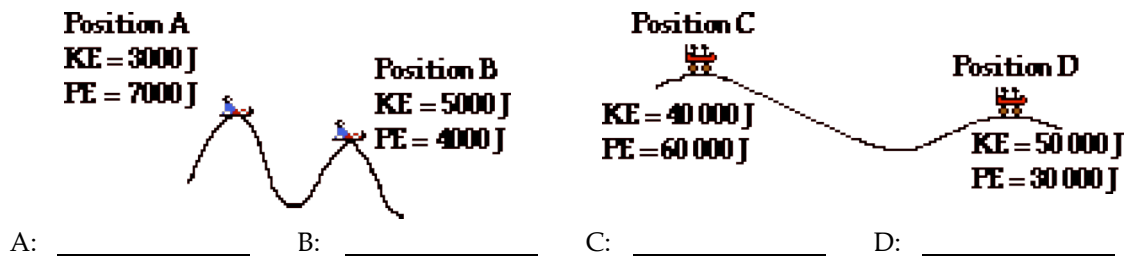
Name: \_\_\_\_\_

1. Read each of the following statements and identify them as having to do with kinetic energy (KE), potential energy (PE) or both (B).

KE, PE or B?	Statement:
	1. If an object is at rest, it certainly does NOT possess this form of energy.
	2. Depends upon object mass and object height.
	3. The energy an object possesses due to its motion.
	4. The amount is expressed using the unit joule (abbreviated J).
	5. The energy stored in an object due to its position (or height).
	6. The amount depends upon the arbitrarily assigned <i>zero level</i> .
	7. Depends upon object mass and object speed.
	8. If an object is at rest on the ground (zero height), it certainly does NOT possess this form of energy.

2. A toy car is moving along with 0.40 joules of kinetic energy. If its speed is doubled, then its new kinetic energy will be \_\_\_\_\_.
  - a. 0.10J
  - b. 0.20J
  - c. 0.80J
  - d. 1.60J
  - e. still 0.40J
  
3. A young boy's glider is soaring through the air, possessing 0.80 joules of potential energy. If its speed is doubled and its height is doubled, then the new potential energy will be \_\_\_\_\_.
  - a. 0.20J
  - b. 0.40J
  - c. 1.60J
  - d. 3.20J
  - e. still 0.80J
  
4. Which would ALWAYS be true of an object possessing a kinetic energy of 0 joules?
  - a. It is on the ground.
  - b. It is at rest.
  - c. It is moving on the ground
  - d. It is moving.
  - e. It is accelerating.
  - f. It is at rest above ground level
  - g. It is above the ground.
  - h. It is moving above ground level.
  
5. Which would ALWAYS be true of an object possessing a potential energy of 0 joules?
  - a. It is on the ground.
  - b. It is at rest.
  - c. It is moving on the ground
  - d. It is moving.
  - e. It is accelerating.
  - f. It is at rest above ground level
  - g. It is above the ground.
  - h. It is moving above ground level.
  
6. Calculate the kinetic energy of a 5.2 kg object moving at 2.4 m/s. **PSYW**
  
7. Calculate the potential energy of a 5.2 kg object positioned 5.8 m above the ground. **PSYW**
  
8. Calculate the speed of a 5.2 kg object that possesses 26.1 J of kinetic energy. **PSYW**

9. The total mechanical energy of an object is the \_\_\_\_\_.
- KE minus the PE of the object
  - PE minus the KE of the object
  - the initial KE plus the initial PE of the object
  - KE plus the PE of the object at any instant during its motion
  - final amount of KE and PE minus the initial amount of KE and PE
10. If an object moves in such a manner as to conserve its total mechanical energy, then \_\_\_\_\_.
- the amount of kinetic energy remains the same throughout its motion
  - the amount of potential energy remains the same throughout its motion
  - the amount of both the kinetic and the potential energy remains the same throughout its motion
  - the sum of the kinetic energy and the potential energy remains the same throughout its motion
11. Determine the total mechanical energy (TME) of the objects at positions A, B, C and D.



12. Read the following descriptions and indicate whether the objects' KE, PE and TME increases, decreases or remains the same (=). If it is impossible to tell, then answer ???.

- a. A marble begins at an elevated position on top of an inclined ruler and rolls down to the bottom of the ruler.

KE: ↑ ↓ = ??? PE: ↑ ↓ = ??? TME: ↑ ↓ = ???

- b. A marble is rolling along a level table when it hits a note card and slides to a stop.

KE: ↑ ↓ = ??? PE: ↑ ↓ = ??? TME: ↑ ↓ = ???

- c. A cart is pulled from the bottom of an incline to the top of the incline at a constant speed.

KE: ↑ ↓ = ??? PE: ↑ ↓ = ??? TME: ↑ ↓ = ???

- d. A physics student runs up a staircase at a constant speed.

KE: ↑ ↓ = ??? PE: ↑ ↓ = ??? TME: ↑ ↓ = ???

- e. A force is applied to a root beer mug to accelerate it from rest across a level countertop.

KE: ↑ ↓ = ??? PE: ↑ ↓ = ??? TME: ↑ ↓ = ???

- f. A pendulum bob is released from rest from an elevated position and swings to its lowest point.

KE: ↑ ↓ = ??? PE: ↑ ↓ = ??? TME: ↑ ↓ = ???

- g. A car skids from a high speed to a stopping position along a level highway.

KE: ↑ ↓ = ??? PE: ↑ ↓ = ??? TME: ↑ ↓ = ???