

## Work and Energy



Name Class Date A student applies a 20-newton force to move A 5-newton force causes a spring to stretch 0.2 meter. What is the potential a crate at a constant speed of 4.0 meters per second across a rough floor. How much energy stored in the stretched spring? work is done by the student on the crate in 6.0 seconds A 8.0 B 120 J 0.1 C 240 J A 5.0 × 102-newton girl takes 10 seconds 3 The kinetic energy of a 980-kilogram race to run up two flights of stairs to a landing, a car traveling at 90 meters per second is total of 5.0 meters vertically above her approximately starting point. What power does the gir 5 **PREVIEW** Please Sign In or Sign Up to download the printable version of this worksheet 7 potential difference of 12 volts? newton • second C newton / meter A 2.4 J B 12 J newton • meter D newton • meter C 36 J second D 60 J 3.0-kilogram mass is attached to a spring 9 A 2000-watt motor working at full capacity having a **spring constant** of 30 newtons can vertically lift a 400-newton weight at per meter. The mass is pulled 0.20 meter a constant speed of from the spring's equilibrium position and released. What is the maximum kinetic  $\triangle$  2 × 10<sup>3</sup> m/s energy achieved by the mass spring B 50 m/s system? C 5 m/s D 0.2 m/s A 2.4 J C 1.2 J **B** 1.5 J **D** 0.60 J



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