

Kinetic, potential and mechanical energy worksheet

1. A car travels at a speed of 60.0 km/h and has a mass of 1 005 kg. What is its kinetic energy?

$$K = 0.5mv^2$$

$$0.5 \times 1005 \times (16.7)^2 =$$

$$145000 \text{ J}$$

or

$$1.40 \times 10^5 \text{ J}$$

$$\left(\frac{60.0 \times 1000}{3600} \right) = 16.7$$

2. A quarterback throws a football weighing 205 g at a speed of 2.78 m/s at a height of 20.0 m. What is the football's mechanical energy?

$$K = 0.5mv^2$$

$$0.5 \times 205 \times (2.78)^2$$

$$= 0.792 \text{ J}$$

$$P = mgh$$

$$0.205 \times 9.8 \times 20.0$$

$$= 40.2 \text{ J}$$

$$40.2 + 0.792 = 41.0 \text{ J}$$

3. A truck weighing 12 000 kg has 91 000 J of kinetic energy. What speed it is travelling at?

$$v^2 = \frac{K}{0.5m}$$

$$\frac{91000}{0.5 \times 12000} =$$

$$\sqrt{151.67} = 3.9 \text{ m/s}$$

4. A van travels at a speed of 40.0 km/h with a kinetic energy of 7 600 J. What is the van's mass?

$$m = \frac{K}{0.5v^2}$$

$$\frac{7600}{0.5 \times (11.1)^2}$$

$$\left(\frac{40.0 \times 1000}{3600} \right) = 11.1$$

$$120 \text{ kg}$$

or

$$1.2 \times 10^2 \text{ kg}$$

5. A hammer weighing 200.0 g is raised 3.0 m above the ground. What is its potential energy?

$$P = mgh$$

$$0.200 \times 9.8 \times 3.0 =$$

$$5.9 \text{ J}$$

$$K = .5mv^2$$

6. A four cylinder Toyota can reach a maximum of 150.0 km/h while a six cylinder Toyota can reach a maximum of 180 km/h. If they both weigh 1 500 kg, what is the maximum kinetic energy each car can have?

$$\frac{(150 \times 1000)}{3600} = 41.67$$

$$.5 \times 1500 \times (41.67^2) = 1.3 \times 10^6 \text{ J}$$

$$\frac{(180 \times 1000)}{3600}$$

$$.5 \times 1500 \times (50^2) = 1.9 \times 10^6 \text{ J}$$

7. A ball is raised 5.0 m off the ground and weighs 750 g. What is its potential energy?

$$P = mgh = .75 \times 5.0 \times 9.8 = 37 \text{ J}$$

8. An electric toy car weighs 150.0 g and travels at 0.50 km/h. What is its kinetic energy?

$$K = .5mv^2$$

$$.5 \times .1500 \times (.14^2) = 1.5 \times 10^{-3} \text{ J}$$

$$\frac{.50 \times 1000}{3600} = .14$$

9. You will attempt to ski for the first time. On a good day you weigh 50.0 kg. You are now at the top of a 15 m hill trying to get courage to go down. How fast will you be travelling when you reach the bottom of the hill?

$$v^2 = \frac{k}{.5m}$$

$$\frac{50.0 \times 9.8 \times 15}{.5 \times 50.0} = \sqrt{294} = 17 \text{ m/s}$$

$$K = P = mgh$$

10. A truck weighing 17 000 kg has 9 100 J of kinetic energy. What is the speed it is travelling at?

$$v^2 = \frac{k}{.5m} = \frac{9100}{.5 \times 17000} = \sqrt{1.070...} = 1.0 \text{ m/s}$$

11. Tiger Woods is very upset about all his personal problems and he decides to go golfing to release his pent up anger. He hits a golf ball weighing 400.0 g at a speed of 4.0 km/h and reaches a height of 30.0 m. What is the ball's mechanical energy?

$$K = .5mv^2$$

$$.5 \times .4000 \times (1.1)^2 = .24 \text{ J}$$

$$P = mgh$$

$$.4000 \times 9.8 \times 30.0 = 118 \text{ J}$$

$$118 + .24 = 118 \text{ J}$$

12. A group of students are attempting to throw a 55 g ball as high as they can, vertically upwards. The record height that they have achieved so far is 6 meters. Jeremy wishes to break the record of 6 meters. He throws the 55 g ball vertically upwards with a speed of 11.2 m/s.

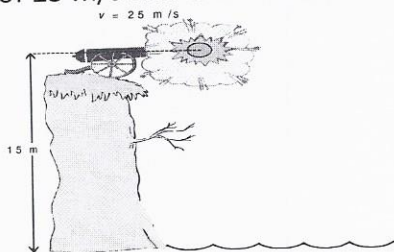


Will Jeremy exceed the record height of 6 meters? Explain your answer. *Neglect air resistance*

$$h = \frac{P}{mg} = \frac{0.5 \times 0.055 \times (11.2)^2}{0.055 \times 9.8} = 6.4 \text{ m}$$

yes he breaks the record.

13. The special effects department of a Hollywood film company is working on a movie about pirates. They are testing the performance of their cannons. They fire a cannonball, with a mass of 2.5 kg, from the top of a cliff. The cannonball has a velocity of 25 m/s and is 15 m above the water when it leaves the cannon.



- a) What is the total energy of the cannonball the moment it is fired?

$$P = mgh = 2.5 \times 9.8 \times 15 = 370 \text{ J}$$

$$K = \frac{1}{2}mv^2 = \frac{1}{2} \times 2.5 \times (25)^2 = 780 \text{ J}$$

$$370 \text{ J} + 780 \text{ J} = 1150 \text{ J}$$

- b) Assuming complete transfer of energy, what is the speed of the cannonball right before entering the water? *Neglect resistance forces.*

$$v^2 = \frac{K}{0.5m} = \frac{1150}{0.5 \times 2.5} = 920 = 30 \text{ m/s}$$

or $3.0 \times 10^1 \text{ m/s}$