CHAPTER 9

Work, Energy, and Simple Machines

Figure 9.1 People on a roller coaster experience thrills caused by changes in types of energy. (Jonrev, Wikimedia Commons)

Chapter Outline

INTRODUCTION Roller coasters have provided thrills for daring riders around the world since the nineteenth century. Inventors of roller coasters used simple physics to build the earliest examples using railroad tracks on mountainsides and old mines. Modern roller coaster designers use the same basic laws of physics to create the latest amusement park favorites. Physics principles are used to engineer the machines that do the work to lift a roller coaster car up its first big incline before it is set loose to roll. Engineers also have to understand the changes in the car's energy that keep it speeding over hills, through twists, turns, and even loops.

What exactly is energy? How can changes in force, energy, and simple machines move objects like roller coaster cars? How can machines help us do work? In this chapter, you will discover the answer to this question and many more, as you learn about work, energy, and simple machines.

9.1 Work, Power, and the Work–Energy Theorem

Section Learning Objectives

By the end of this section, you will be able to do the following:

- Describe and apply the work–energy theorem
- Describe and calculate work and power

Section Key Terms

energy	gravitational potential energy	joule	kinetic energy	mechanical energy
potential energy	power	watt	work	work–energy theorem

The Work–Energy Theorem

In physics, the term **work** has a very specific definition. Work is application of force, $\mathbf{f}$, to move an object over a distance, d, in the direction that the force is applied. Work, W, is described by the equation

$$W = \mathbf{f}d.$$

Some things that we typically consider to be work are not work in the scientific sense of the term. Let's consider a few examples. Think about why each of the following statements is true.

- Homework *is not* work.
- Lifting a rock upwards off the ground *is* work.
- Carrying a rock in a straight path across the lawn at a constant speed *is not* work.

The first two examples are fairly simple. Homework is not work because objects are not being moved over a distance. Lifting a rock up off the ground is work because the rock is moving in the direction that force is applied. The last example is less obvious. Recall from the laws of motion that force is *not* required to move an object at constant velocity. Therefore, while some force may be applied to keep the rock up off the ground, no net force is applied to keep the rock moving forward at constant velocity.

Work and **energy** are closely related. When you do work to move an object, you change the object's energy. You (or an object) also expend energy to do work. In fact, energy can be defined as the ability to do work. Energy can take a variety of different forms, and one form of energy can transform to another. In this chapter we will be concerned with **mechanical energy**, which comes in two forms: **kinetic energy** and **potential energy**.

- Kinetic energy is also called energy of motion. A moving object has kinetic energy.
- Potential energy, sometimes called stored energy, comes in several forms. **Gravitational potential energy** is the stored energy an object has as a result of its position above Earth's surface (or another object in space). A roller coaster car at the top of a hill has gravitational potential energy.

Let's examine how doing work on an object changes the object's energy. If we apply force to lift a rock off the ground, we increase the rock's potential energy, PE. If we drop the rock, the force of gravity increases the rock's kinetic energy as the rock moves downward until it hits the ground.

The force we exert to lift the rock is equal to its weight, w, which is equal to its mass, m, multiplied by acceleration due to gravity, $\mathbf{g}$.

$$\mathbf{f} = w = m\mathbf{g}$$

The work we do on the rock equals the force we exert multiplied by the distance, d, that we lift the rock. The work we do on the rock also equals the rock's gain in gravitational potential energy, PE_e.

$$W = PE_e = \mathbf{f}m\mathbf{g}$$

Kinetic energy depends on the mass of an object and its velocity, $\mathbf{v}$.

$$KE = \frac{1}{2}m\mathbf{v}^2$$

When we drop the rock the force of gravity causes the rock to fall, giving the rock kinetic energy. When work done on an object increases only its kinetic energy, then the net work equals the change in the value of the quantity $\frac{1}{2}m\mathbf{v}^2$. This is a statement of the **work–energy theorem**, which is expressed mathematically as

$$W = \Delta KE = \frac{1}{2}m\mathbf{v}_2^2 - \frac{1}{2}m\mathbf{v}_1^2.$$

The subscripts $_2$ and $_1$ indicate the final and initial velocity, respectively. This theorem was proposed and successfully tested by James Joule, shown in Figure 9.2.

Does the name Joule sound familiar? The **joule** (J) is the metric unit of measurement for both work and energy. The measurement of work and energy with the same unit reinforces the idea that work and energy are related and can be converted into one another. 1.0 J = 1.0 N•m, the units of force multiplied by distance. 1.0 N = 1.0 k•m/s^2, so 1.0 J = 1.0 k•m^2/s^2. Analyzing the units of the term (1/2)$m\mathbf{v}^2$ will produce the same units for joules.

Figure 9.2 The joule is named after physicist James Joule (1818–1889). (C. H. Jeens, Wikimedia Commons)

WATCH PHYSICS

Work and Energy

This video explains the work energy theorem and discusses how work done on an object increases the object's KE.

Click to view content (https://www.khanacademy.org/embed_video?v=2WS1sG9fhOk)

GRASP CHECK

True or false—The energy increase of an object acted on only by a gravitational force is equal to the product of the object's weight and the distance the object falls.

a. True
b. False

Calculations Involving Work and Power

In applications that involve work, we are often interested in how fast the work is done. For example, in roller coaster design, the amount of time it takes to lift a roller coaster car to the top of the first hill is an important consideration. Taking a half hour on the ascent will surely irritate riders and decrease ticket sales. Let's take a look at how to calculate the time it takes to do work.

Recall that a rate can be used to describe a quantity, such as work, over a period of time. **Power** is the rate at which work is done. In this case, rate means *per unit of time*. Power is calculated by dividing the work done by the time it took to do the work.

$$P = \frac{W}{t}$$

Let's consider an example that can help illustrate the differences among work, force, and power. Suppose the woman in Figure 9.3 lifting the TV with a pulley gets the TV to the fourth floor in two minutes, and the man carrying the TV up the stairs takes five minutes to arrive at the same place. They have done the same amount of work $(\mathbf{f}d)$ on the TV, because they have moved the same mass over the same vertical distance, which requires the same amount of upward force. However, the woman using the pulley has generated more power. This is because she did the work in a shorter amount of time, so the denominator of the power formula, t, is smaller. (For simplicity's sake, we will leave aside for now the fact that the man climbing the stairs has also done work on himself.)

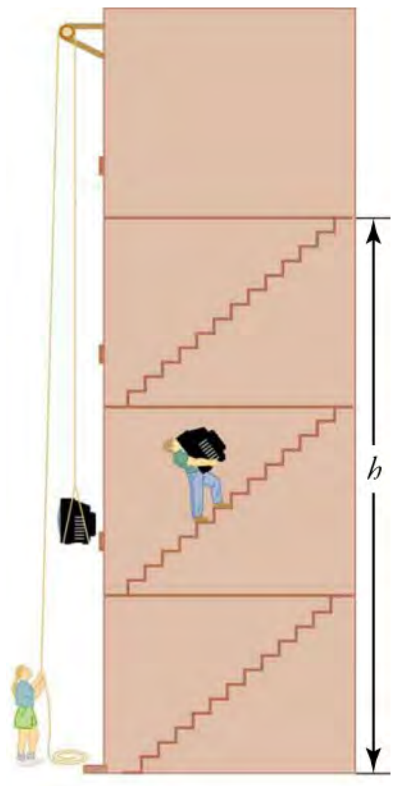

Figure 9.3 No matter how you move a TV to the fourth floor, the amount of work performed and the potential energy gain are the same.

Power can be expressed in units of **watts** (W). This unit can be used to measure power related to any form of energy or work. You have most likely heard the term used in relation to electrical devices, especially light bulbs. Multiplying power by time gives the amount of energy. Electricity is sold in kilowatt-hours because that equals the amount of electrical energy consumed.

The watt unit was named after James Watt (1736–1819) (see Figure 9.4). He was a Scottish engineer and inventor who discovered how to coax more power out of steam engines.

Figure 9.4 Is James Watt thinking about watts? (Carl Frederik von Breda, Wikimedia Commons)

LINKS TO PHYSICS

Watt's Steam Engine

James Watt did not invent the steam engine, but by the time he was finished tinkering with it, it was more useful. The first steam engines were not only inefficient, they only produced a back and forth, or reciprocal, motion. This was natural because pistons move in and out as the pressure in the chamber changes. This limitation was okay for simple tasks like pumping water or mashing potatoes, but did not work so well for moving a train. Watt was able build a steam engine that converted reciprocal motion to circular motion. With that one innovation, the industrial revolution was off and running. The world would never be the same. One of Watt's steam engines is shown in Figure 9.5. The video that follows the figure explains the importance of the steam engine in the industrial revolution.

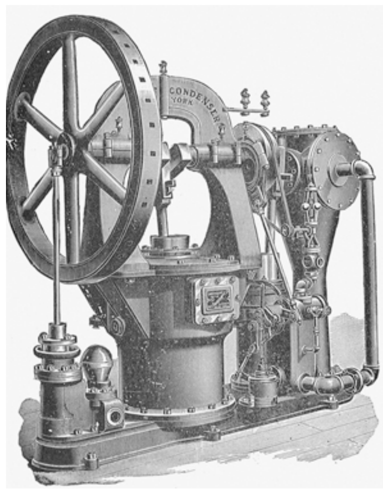

Figure 9.5 A late version of the Watt steam engine. (Nehemiah Hawkins, Wikimedia Commons)

WATCH PHYSICS

Watt's Role in the Industrial Revolution

This video demonstrates how the watts that resulted from Watt's inventions helped make the industrial revolution possible and allowed England to enter a new historical era.

Click to view content (https://www.youtube.com/embed/zhL5DCizj5c)

GRASP CHECK

Which form of mechanical energy does the steam engine generate?

a. Potential energy
b. Kinetic energy
c. Nuclear energy
d. Solar energy

Before proceeding, be sure you understand the distinctions among force, work, energy, and power. Force exerted on an object over a distance does work. Work can increase energy, and energy can do work. Power is the rate at which work is done.

WORKED EXAMPLE

Applying the Work–Energy Theorem

An ice skater with a mass of 50 kg is gliding across the ice at a speed of 8 m/s when her friend comes up from behind and gives her a push, causing her speed to increase to 12 m/s. How much work did the friend do on the skater?

Strategy

The work–energy theorem can be applied to the problem. Write the equation for the theorem and simplify it if possible.

$$W = \Delta\text{KE} = \frac{1}{2}m\mathbf{v}_2^2 - \frac{1}{2}m\mathbf{v}_1^2$$

$$\text{Simplify to } W = \frac{1}{2}m(\mathbf{v}_2^2 - \mathbf{v}_1^2)$$

Solution

Identify the variables. $m = 50$ kg,

$$\mathbf{v}_2 = 12\frac{\text{m}}{\text{s}}, \text{ and } \mathbf{v}_1 = 8\frac{\text{m}}{\text{s}} \tag{9.1}$$

Substitute.

$$W = \frac{1}{2}50(12^2 - 8^2) = 2,000 \text{ J} \tag{9.2}$$

Discussion

Work done on an object or system increases its energy. In this case, the increase is to the skater's kinetic energy. It follows that the increase in energy must be the difference in KE before and after the push.

TIPS FOR SUCCESS

This problem illustrates a general technique for approaching problems that require you to apply formulas: Identify the unknown and the known variables, express the unknown variables in terms of the known variables, and then enter all the known values.

Practice Problems

1. How much work is done when a weightlifter lifts a 200 N barbell from the floor to a height of 2 m?
   a. 0 J
   b. 100 J
   c. 200 J
   d. 400 J

2. Identify which of the following actions generates more power. Show your work.
   - carrying a 100 N TV to the second floor in 50 s or
   - carrying a 24 N watermelon to the second floor in 10 s?

   a. Carrying a 100 N TV generates more power than carrying a 24 N watermelon to the same height because power is defined as work done times the time interval.
   b. Carrying a 100 N TV generates more power than carrying a 24 N watermelon to the same height because power is defined as the ratio of work done to the time interval.
   c. Carrying a 24 N watermelon generates more power than carrying a 100 N TV to the same height because power is defined as work done times the time interval.
   d. Carrying a 24 N watermelon generates more power than carrying a 100 N TV to the same height because power is defined as the ratio of work done and the time interval.

Check Your Understanding

3. Identify two properties that are expressed in units of joules.
   a. work and force
   b. energy and weight
   c. work and energy
   d. weight and force

4. When a coconut falls from a tree, work W is done on it as it falls to the beach. This work is described by the equation

$$W = Fd = \frac{1}{2}mv_2^2 - \frac{1}{2}mv_1^2. \tag{9.3}$$

Identify the quantities F, d, m, v_1, and v_2 in this event.

a. F is the force of gravity, which is equal to the weight of the coconut, d is the distance the nut falls, m is the mass of the earth, v_1 is the initial velocity, and v_2 is the velocity with which it hits the beach.
b. F is the force of gravity, which is equal to the weight of the coconut, d is the distance the nut falls, m is the mass of the coconut, v_1 is the initial velocity, and v_2 is the velocity with which it hits the beach.
c. F is the force of gravity, which is equal to the weight of the coconut, d is the distance the nut falls, m is the mass of the earth, v_1 is the velocity with which it hits the beach, and v_2 is the initial velocity.
d. F is the force of gravity, which is equal to the weight of the coconut, d is the distance the nut falls, m is the mass of the coconut, v_1 is the velocity with which it hits the beach, and v_2 is the initial velocity.

9.2 Mechanical Energy and Conservation of Energy

Section Learning Objectives

By the end of this section, you will be able to do the following:

- Explain the law of conservation of energy in terms of kinetic and potential energy
- Perform calculations related to kinetic and potential energy. Apply the law of conservation of energy

Section Key Terms

law of conservation of energy

Mechanical Energy and Conservation of Energy

We saw earlier that mechanical energy can be either potential or kinetic. In this section we will see how energy is transformed from one of these forms to the other. We will also see that, in a closed system, the sum of these forms of energy remains constant.

Quite a bit of potential energy is gained by a roller coaster car and its passengers when they are raised to the top of the first hill. Remember that the *potential* part of the term means that energy has been stored and can be used at another time. You will see that this stored energy can either be used to do work or can be transformed into kinetic energy. For example, when an object that has gravitational potential energy falls, its energy is converted to kinetic energy. Remember that both work and energy are expressed in joules.

Refer back to . The amount of work required to raise the TV from point A to point B is equal to the amount of gravitational potential energy the TV gains from its height above the ground. This is generally true for any object raised above the ground. If all the work done on an object is used to raise the object above the ground, the amount work equals the object's gain in gravitational potential energy. However, note that because of the work done by friction, these energy–work transformations are never perfect. Friction causes the loss of some useful energy. In the discussions to follow, we will use the approximation that transformations are frictionless.

Now, let's look at the roller coaster in Figure 9.6. Work was done on the roller coaster to get it to the top of the first rise; at this point, the roller coaster has gravitational potential energy. It is moving slowly, so it also has a small amount of kinetic energy. As the car descends the first slope, its PE is converted to KE. At the low point much of the original PE has been transformed to KE, and speed is at a maximum. As the car moves up the next slope, some of the KE is transformed back into PE and the car slows down.

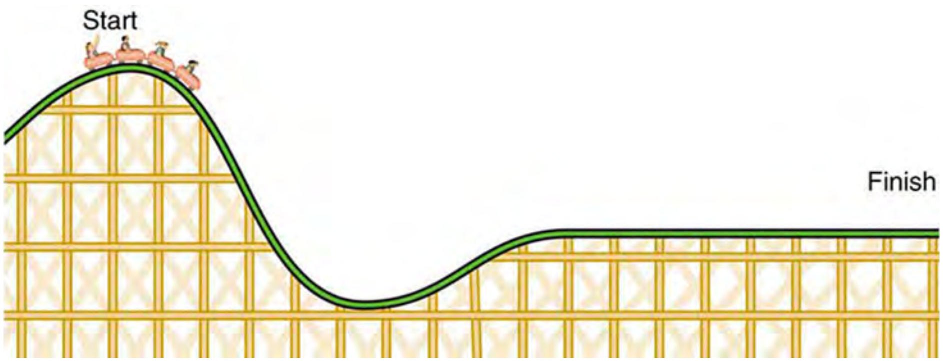

Figure 9.6 During this roller coaster ride, there are conversions between potential and kinetic energy.

Virtual Physics

Energy Skate Park Basics

This simulation shows how kinetic and potential energy are related, in a scenario similar to the roller coaster. Observe the changes in *KE* and *PE* by clicking on the bar graph boxes. Also try the three differently shaped skate parks. Drag the skater to the track to start the animation.

Click to view content (http://phet.colorado.edu/sims/html/energy-skate-park-basics/latest/energy-skate-park-basics_en.html)

GRASP CHECK

This simulation (http://phet.colorado.edu/en/simulation/energy-skate-park-basics (http://phet.colorado.edu/en/simulation/energy-skate-park-basics)) shows how kinetic and potential energy are related, in a scenario similar to the roller coaster. Observe the changes in KE and PE by clicking on the bar graph boxes. Also try the three differently shaped skate parks. Drag the skater to the track to start the animation. The bar graphs show how KE and PE are transformed back and forth. Which statement best explains what happens to the mechanical energy of the system as speed is increasing?

a. The mechanical energy of the system increases, provided there is no loss of energy due to friction. The energy would transform to kinetic energy when the speed is increasing.
b. The mechanical energy of the system remains constant provided there is no loss of energy due to friction. The energy would transform to kinetic energy when the speed is increasing.
c. The mechanical energy of the system increases provided there is no loss of energy due to friction. The energy would transform to potential energy when the speed is increasing.
d. The mechanical energy of the system remains constant provided there is no loss of energy due to friction. The energy would transform to potential energy when the speed is increasing.

On an actual roller coaster, there are many ups and downs, and each of these is accompanied by transitions between kinetic and potential energy. Assume that no energy is lost to friction. At any point in the ride, the total mechanical energy is the same, and it is equal to the energy the car had at the top of the first rise. This is a result of the **law of conservation of energy**, which says that, in a closed system, total energy is conserved—that is, it is constant. Using subscripts 1 and 2 to represent initial and final energy, this law is expressed as

$$KE_1 + PE_1 = KE_2 + PE_2.$$

Either side equals the total mechanical energy. The phrase *in a closed system* means we are assuming no energy is lost to the surroundings due to friction and air resistance. If we are making calculations on dense falling objects, this is a good assumption. For the roller coaster, this assumption introduces some inaccuracy to the calculation.

Calculations involving Mechanical Energy and Conservation of Energy

TIPS FOR SUCCESS

When calculating work or energy, use units of meters for distance, newtons for force, kilograms for mass, and seconds for time. This will assure that the result is expressed in joules.

WATCH PHYSICS

Conservation of Energy

This video discusses conversion of *PE* to *KE* and conservation of energy. The scenario is very similar to the roller coaster and the skate park. It is also a good explanation of the energy changes studied in the snap lab.

[Click to view content (https://www.khanacademy.org/embed_video?v=kw_4Loo1HR4)](https://www.khanacademy.org/embed_video?v=kw_4Loo1HR4)

GRASP CHECK

Did you expect the speed at the bottom of the slope to be the same as when the object fell straight down? Which statement best explains why this is not exactly the case in real-life situations?

a. The speed was the same in the scenario in the animation because the object was sliding on the ice, where there is large amount of friction. In real life, much of the mechanical energy is lost as heat caused by friction.
b. The speed was the same in the scenario in the animation because the object was sliding on the ice, where there is small amount of friction. In real life, much of the mechanical energy is lost as heat caused by friction.
c. The speed was the same in the scenario in the animation because the object was sliding on the ice, where there is large amount of friction. In real life, no mechanical energy is lost due to conservation of the mechanical energy.
d. The speed was the same in the scenario in the animation because the object was sliding on the ice, where there is small amount of friction. In real life, no mechanical energy is lost due to conservation of the mechanical energy.

WORKED EXAMPLE

Applying the Law of Conservation of Energy

A 10 kg rock falls from a 20 m cliff. What is the kinetic and potential energy when the rock has fallen 10 m?

Strategy

Choose the equation.

$$KE_1 + PE_1 = KE_2 + PE_2 \tag{9.4}$$

$$KE = \frac{1}{2}m\mathbf{v}^2; \quad PE = m\mathbf{g}h \tag{9.5}$$

$$\frac{1}{2}m\mathbf{v}_1^2 + m\mathbf{g}h_1 = \frac{1}{2}m\mathbf{v}_2^2 + m\mathbf{g}h_2 \tag{9.6}$$

List the knowns.

$m = 10\text{ kg}$, $\mathbf{v}_1 = 0$, $\mathbf{g} = 9.80$

$$\frac{\text{m}}{\text{s}^2}, \tag{9.7}$$

$h_1 = 20\text{ m}$, $h_2 = 10\text{ m}$

Identify the unknowns.

KE_2 and PE_2

Substitute the known values into the equation and solve for the unknown variables.

Solution

$$PE_2 = mgh_2 = 10\,(9.80)\,10 = 980 \text{ J} \quad (9.8)$$

$$KE_2 = PE_2 - (KE_1 + PE_1) = 980 - \{[0 - [10\,(9.80)\,20]]\} = 980 \text{ J} \quad (9.9)$$

Discussion

Alternatively, conservation of energy equation could be solved for $\mathbf{v}_2$ and KE_2 could be calculated. Note that m could also be eliminated.

TIPS FOR SUCCESS

Note that we can solve many problems involving conversion between KE and PE without knowing the mass of the object in question. This is because kinetic and potential energy are both proportional to the mass of the object. In a situation where $KE = PE$, we know that $m\mathbf{g}h = (1/2)m\mathbf{v}^2$.

Dividing both sides by m and rearranging, we have the relationship

$2\mathbf{g}h = \mathbf{v}^2$.

Practice Problems

5. A child slides down a playground slide. If the slide is 3 m high and the child weighs 300 N, how much potential energy does the child have at the top of the slide? (Round g to $10 \ m/s^2$.)
   a. 0 J
   b. 100 J
   c. 300 J
   d. 900 J

6. A 0.2 kg apple on an apple tree has a potential energy of 10 J. It falls to the ground, converting all of its PE to kinetic energy. What is the velocity of the apple just before it hits the ground?
   a. 0 m/s
   b. 2 m/s
   c. 10 m/s
   d. 50 m/s

Snap Lab

Converting Potential Energy to Kinetic Energy

In this activity, you will calculate the potential energy of an object and predict the object's speed when all that potential energy has been converted to kinetic energy. You will then check your prediction.

You will be dropping objects from a height. Be sure to stay a safe distance from the edge. Don't lean over the railing too far. Make sure that you do not drop objects into an area where people or vehicles pass by. Make sure that dropping objects will not cause damage.

You will need the following:

Materials for each pair of students:

- Four marbles (or similar small, dense objects)
- Stopwatch

Materials for class:

- Metric measuring tape long enough to measure the chosen height
- A scale

Instructions

Procedure

1. Work with a partner. Find and record the mass of four small, dense objects per group.
2. Choose a location where the objects can be safely dropped from a height of at least 15 meters. A bridge over water with a safe pedestrian walkway will work well.
3. Measure the distance the object will fall.
4. Calculate the potential energy of the object before you drop it using $PE = m\mathbf{g}h = (9.80)mh$.
5. Predict the kinetic energy and velocity of the object when it lands using $PE = KE$ and so, $m\mathbf{g}h = \frac{m\mathbf{v}^2}{2};\ \mathbf{v} = \sqrt{2(9.80)h} = 4.43\sqrt{h}$.
6. One partner drops the object while the other measures the time it takes to fall.
7. Take turns being the dropper and the timer until you have made four measurements.
8. Average your drop multiplied by and calculate the velocity of the object when it landed using $\mathbf{v} = \mathbf{a}t = \mathbf{g}t = (9.80)t$.
9. Compare your results to your prediction.

GRASP CHECK

Galileo's experiments proved that, contrary to popular belief, heavy objects do not fall faster than light objects. How do the equations you used support this fact?

a. Heavy objects do not fall faster than the light objects because while conserving the mechanical energy of the system, the mass term gets cancelled and the velocity is independent of the mass. In real life, the variation in the velocity of the different objects is observed because of the non-zero air resistance.
b. Heavy objects do not fall faster than the light objects because while conserving the mechanical energy of the system, the mass term does not get cancelled and the velocity is dependent on the mass. In real life, the variation in the velocity of the different objects is observed because of the non-zero air resistance.
c. Heavy objects do not fall faster than the light objects because while conserving the mechanical energy the system, the mass term gets cancelled and the velocity is independent of the mass. In real life, the variation in the velocity of the different objects is observed because of zero air resistance.
d. Heavy objects do not fall faster than the light objects because while conserving the mechanical energy of the system, the mass term does not get cancelled and the velocity is dependent on the mass. In real life, the variation in the velocity of the different objects is observed because of zero air resistance.

Check Your Understanding

7. Describe the transformation between forms of mechanical energy that is happening to a falling skydiver before his parachute opens.

a. Kinetic energy is being transformed into potential energy.
b. Potential energy is being transformed into kinetic energy.
c. Work is being transformed into kinetic energy.
d. Kinetic energy is being transformed into work.

8. True or false—If a rock is thrown into the air, the increase in the height would increase the rock's kinetic energy, and then the increase in the velocity as it falls to the ground would increase its potential energy.

a. True
b. False

9. Identify equivalent terms for *stored energy* and *energy of motion*.

a. Stored energy is potential energy, and energy of motion is kinetic energy.
b. Energy of motion is potential energy, and stored energy is kinetic energy.
c. Stored energy is the potential as well as the kinetic energy of the system.
d. Energy of motion is the potential as well as the kinetic energy of the system.