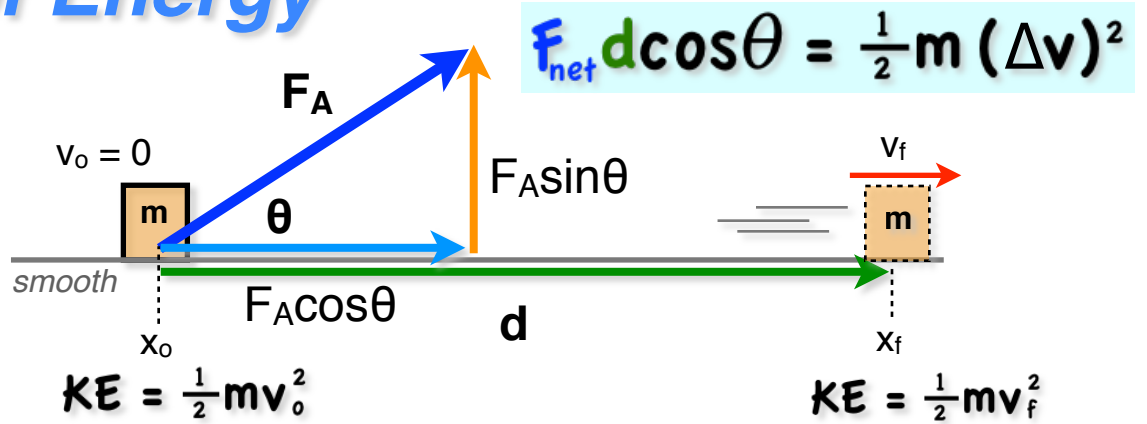
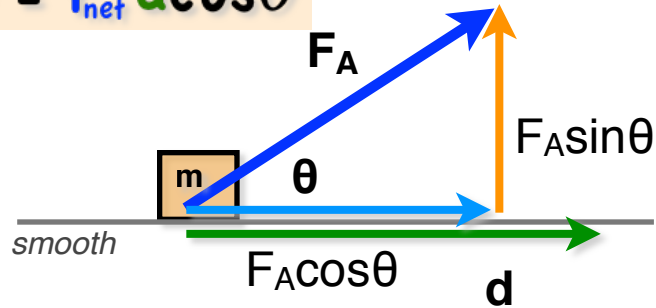


Conservation of Energy

$$W = F_{\text{net}} d \cos\theta$$



Work

*Gravitational Potential Energy
energy of position*

$$= F_{\text{net}} d \cos\theta = \frac{1}{2} m (\Delta v)^2 = mg \Delta y = \frac{1}{2} k (\Delta x)^2$$

*Kinetic Energy
energy of motion*

*Spring Potential Energy
energy of position*

