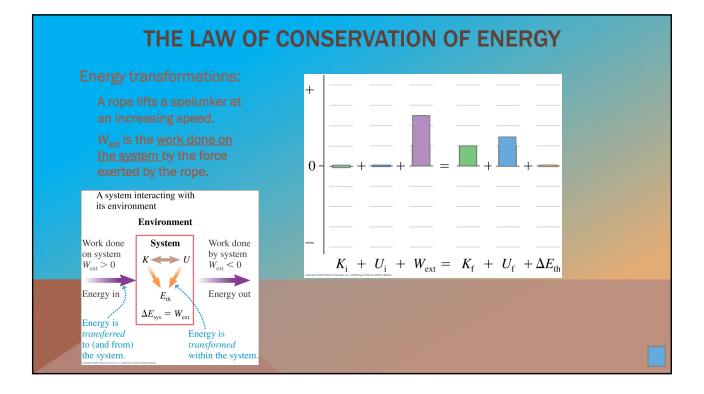
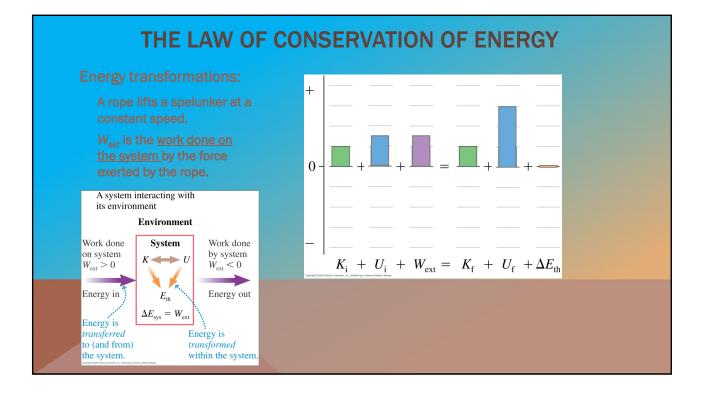
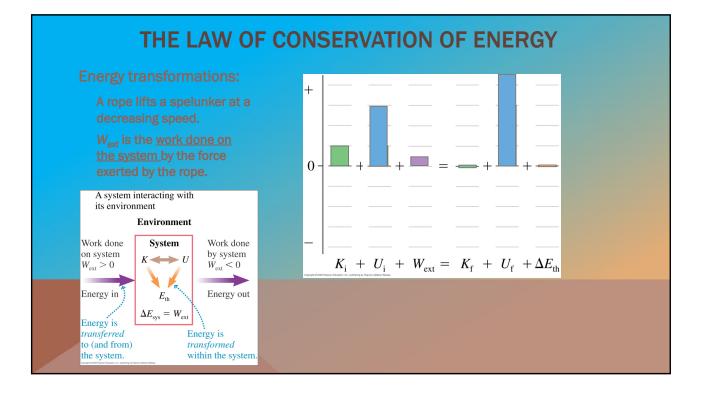


Example:

- A cave rescue team lifts an injured spelunker directly upward and out of a sinkhole by means of a motor-driven cable. The lift is performed in three stages, each requiring a vertical distance of 10.0 meters:
- (a) the initially stationary spelunker is accelerated to a speed of 5.00 m/s,
- (b) she is then lifted at the constant speed of 5.00 m/s,
- (c) finally, she is decelerated to zero speed.
- How much work is done on the 80.0 kg rescuee by the force lifting her during each stage?

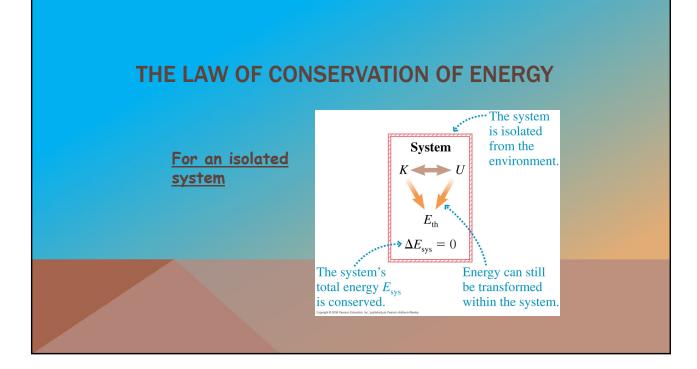


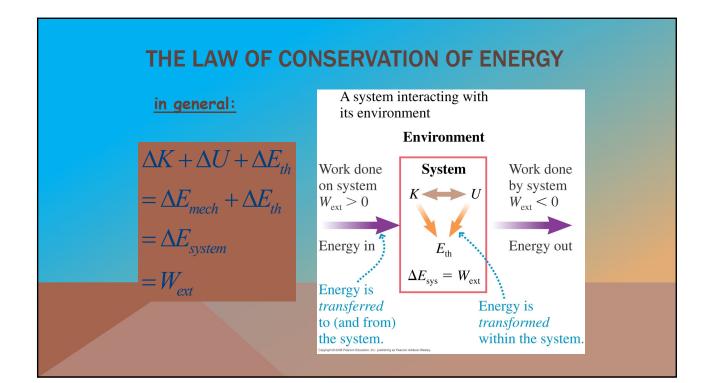


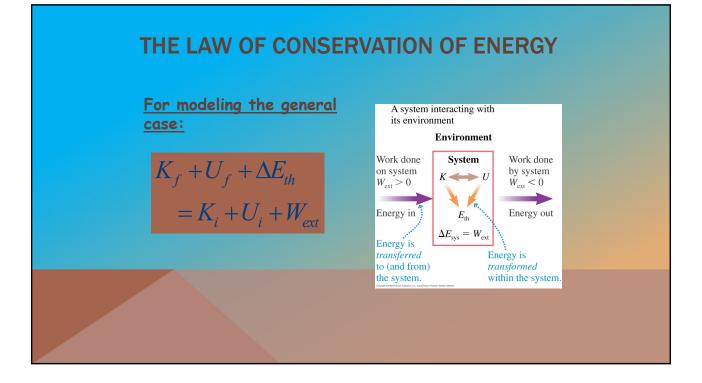


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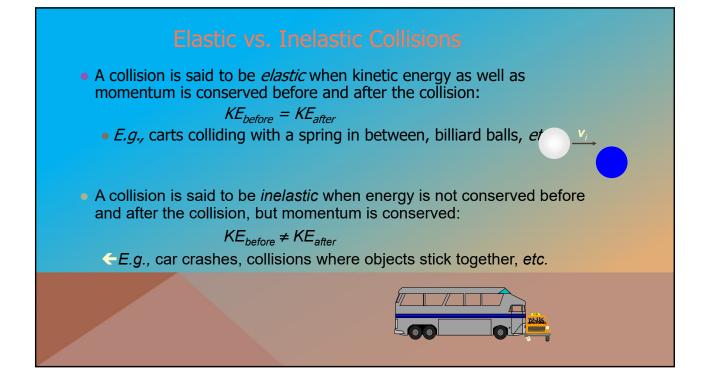
D POWER

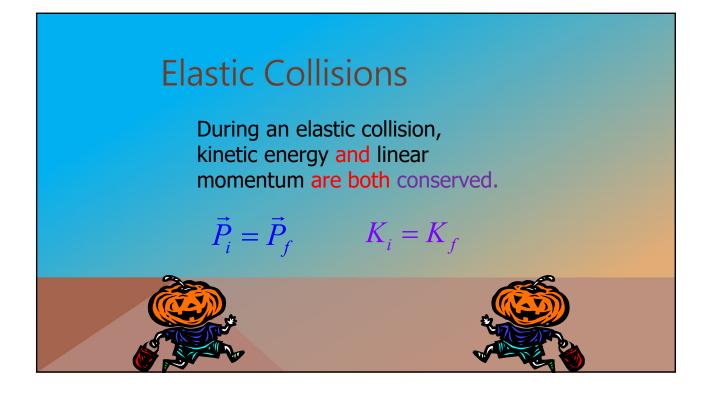
The RATE at which work is done by a force (rate at which energy is expended) is the

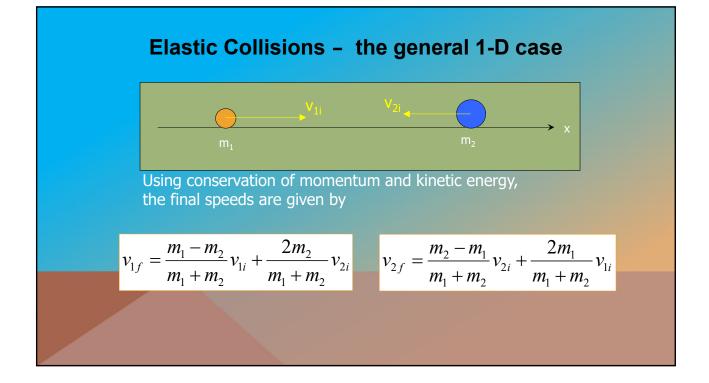
(instantaneous) power, P:

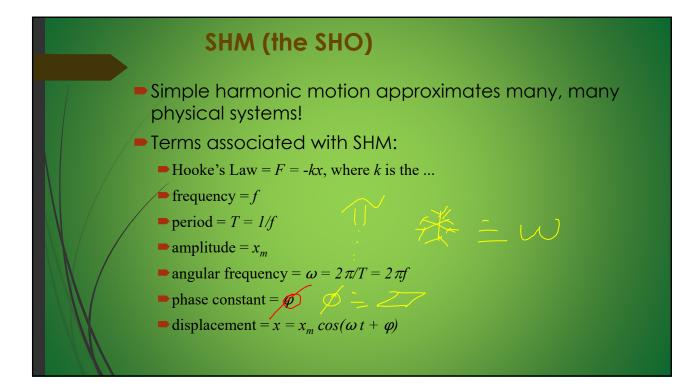
$$P = \frac{dW}{dt} = \vec{F} \cdot \vec{v}$$

The units of P are W = J/s









SHO

The solution to the SHO differential equation,

$$m\frac{d^2x}{dt^2} = -kx$$

is
$$x(t) = A\cos(\omega t + \phi)$$

