

Kinetic Energy

Kinetic energy is the energy due to an object's motion.

As all objects have mass, any object with velocity has a kinetic energy of the product of $\frac{1}{2}$, the mass, and the velocity squared:

Note: the kinetic energy is directly proportional to the mass and directly proportional to the velocity squared.

ex.

What is the kinetic energy of a 12 kg rock rolling at 3 m/s?

ex.

What is the speed of a 170 g baseball when it has a kinetic energy of 110 J?