

Energy, Work & Power

Matter: The material or “stuff” that the universe is made of.

Energy: Has no real substance. It is everywhere. It is what drives things to happen, to move, to go!

[**Energy is defined as the ability to do work**]

“You need energy to do work.”

Work: Is the process of transferring energy.

Two types of Mechanical Energy:

Potential (“stored” energy)

Kinetic (“moving” energy)