Jesse (mass 60kg) is running at $20 \mathrm{~km} / \mathrm{hr}$. Find his kinetic energy.
Solution:
Given:
$\mathrm{m}=60 \mathrm{~kg}$
$\mathrm{v}=20 \mathrm{~km} / \mathrm{hr}=20$ * $1000(\mathrm{~m}) / 3600(\mathrm{sec})=5.56 \mathrm{~m} / \mathrm{sec}$
Kinetic Energy:

$$
E_{c}=\frac{m v^{2}}{2}=\frac{60 \cdot 5.56^{2}}{2}=927.4 \mathrm{~J}
$$

Answer: kinetic energy. 957.4 J
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