

































Starti	ng from rest, l	After an interval <i>t</i> , the velocity changes by an	
Time Interval	Acceleration (m/s ² down)	Vel. at end of interval (m/s down)	amount at , so that $v_{\text{final}} = v_{\text{initial}} + at$
0 – 1 s	10	10	How fast was it going at th
1 – 2 s	10	20	end of 3 sec? v _{initial} was 20 m/s after 2 sec
2 – 3 s	10	30	<i>a</i> was 10 m/s (as always) <i>t</i> was 1 sec (interval)
3 – 4 s	10	40	$v_{final} = 20 \text{ m/s} + 10 \text{ m/s}^2 \times 1 \text{ s}$
4 – 5 s	10	50	= 30 m/s
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	Starting from	The average velocity in		
Time Interval	Acceleration (m/s ² down)	Init→Final Velocity (m/s down)	Average Velocity (m/s down)	the interval is just $V_{avg} = \frac{1}{2}(v_{initial} + v_{final})$
0 – 1 s	10	$0 \rightarrow 10$	5	For the $1 - 2$ s interval,
1 – 2 s	10	10 → 20	15	$\begin{array}{l} v_i = 10 \ m/s \\ v_f = 20 \ m/s \end{array}$
2 – 3 s	10	$20 \rightarrow 30$	25	So $v_{avg} = \frac{1}{2} (10+20) \text{ m/s}$ = 15 m/s
3 – 4 s	10	$30 \rightarrow 40$	35	- 15 11/5
4 – 5 s	10	$40 \rightarrow 50$	45	
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Starting from rest, letting go:										
Time	Acceleration	Final	Average	Dist.	Final					
Interva	$(m/s^2 down)$	Velocity	Velocity	moved	Position					
1		(m/s down)	(m/s down)	(m down)	(m down)					
0 – 1 s	10	10	5	5	5					
1 - 2 s	10	20	15	15	+ 20					
2 – 3 s	10	30	25	25	45					
3 – 4 s	10	40	35	35	80					
4 – 5 s	10	50	45	45	125					
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