

Two runners, A and B, run along a straight track. Runner A runs 100 m forward, then returns to the starting position. Runner B runs 100 m forward, then stops.

1) What is the distance traveled for Runner A and Runner B?

Runner A: 200 m

Runner B: 100 m

2) What is the displacement of Runner A and Runner B? (*displacement = $x - x_0$*)

Runner A: 0 m

Runner B: 100 m

3) If each runner completes his described run in 25 seconds, what their average speed? (*average speed = $\frac{\text{distance traveled}}{\text{time}}$*)

Runner A: 8 m/s

Runner B: 4 m/s

4) What is each runner's average velocity? (*average velocity = $\bar{v} = \frac{\text{displacement}}{\text{time}}$*)

Runner A: 0 m/s

Runner B: 4 m/s

5) What is the difference between instantaneous and average quantities? Are they ever the same?

Instantaneous quantities are taken at a single instant (over an infinitesimally small amount of time), while average quantities are taken over a time interval. They are the same when the quantity is constant over the entire time interval being considered.

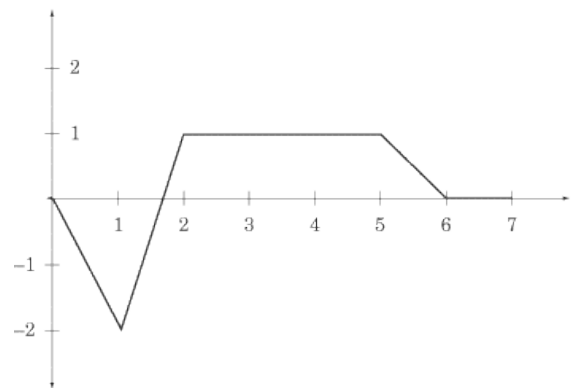
The following graph is a *position versus time* graph for an object that starts from the origin.

6) During what time intervals is the object...

a) moving in the positive direction? **1 s – 2 s**

b) moving in the negative direction? **0 s – 1 s**
5 s – 6 s

c) not moving? **2 s – 5 s**
6 s – 7 s



7) During what time intervals is the object...

a) located on the positive side of the origin? **Approximately 1.8 s – 6 s**

b) located on the negative side of the origin? **0 s – Approximately 1.8 s**

c) located at the origin? **0 s, Approximately 1.8 s, 6 s – 7 s**

8) When is the object...

a) moving the fastest? **1 s – 2 s (largest magnitude of slope)**

b) moving the slowest? **2 s – 5 s, 6 s – 7 s (not moving at all during these time intervals)**

c) accelerating? **Each time interval has a constant slope, and therefore has a constant velocity. However, we could say that the object must accelerate at 1 s, 2 s, 5 s, and 6 s because it does change its velocity at those times.**

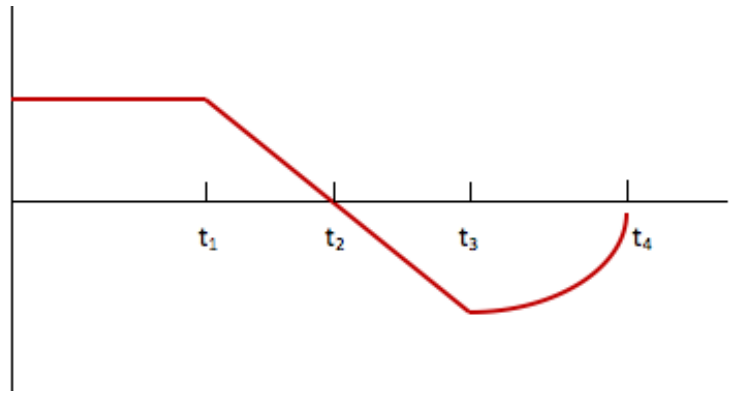
The following graph is a *velocity versus time* graph for an object that starts from the origin.

9) In which direction does the object initially move?

Positive

10) When is the object...

- a) moving at a constant, non-zero velocity? $0 - t_1$
- b) not moving? t_2
- c) accelerating at a constant rate? $t_1 - t_3$
- d) accelerating at a changing rate? $t_3 - t_4$



11) When is the object...

- a) moving in the positive direction? $0 - t_2$
- b) moving in the negative direction? $t_2 - t_4$
- c) not moving? t_2

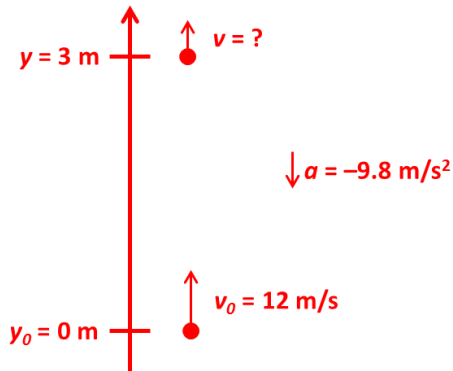
12) Does the object return to the origin during the time interval shown? How do you know? **No; the area above the x-axis (positive displacement) is larger than the area below the x-axis (negative displacement). Therefore, its total displacement is positive, meaning it is still on the positive side of the origin at t_4 .**

13) A ball is thrown straight upward with an initial velocity of 12 m/s.

- How fast is the ball traveling when it reaches a height of 3 m above its original position?
- What is the ball's maximum height above its original position?
- How long does it take for the ball to return to its original position?

a) Given: $v_0 = 12 \text{ m/s}$, $y = 3 \text{ m}$; Want: v

Figure:



Calculations:

Equation for Uniform Acceleration

$$v^2 = v_0^2 + 2a(y - y_0)$$

$$v^2 = v_0^2 + 2ay$$

$$v^2 = (12)^2 + 2(-9.8)(3)$$

$$v^2 = 85.2$$

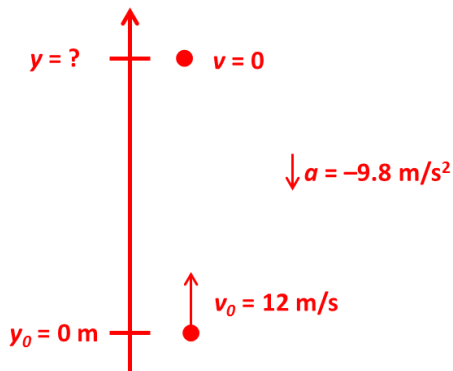
$$v = \pm\sqrt{85.2}$$

$$v = \pm 9.2303 \text{ m/s}$$

$$v = \pm 9.2 \text{ m/s}$$

b & c) Given: $v_0 = 12 \text{ m/s}$, $v = 0$; Want: y, t

Figure:



Calculations:

Equation for Uniform Acceleration

$$v^2 = v_0^2 + 2a(y - y_0)$$

$$0 = v_0^2 + 2ay$$

$$y = \frac{-v_0^2}{2a}$$

$$y = \frac{-(12)^2}{2(-9.8)}$$

$$y = 7.3469 \text{ m}$$

$$y = 7.3 \text{ m}$$

Conclusion: a) The ball is traveling at a speed of 9.2 m/s when it reaches a height of 3 m. (The \pm in the solution indicates that it will travel at this speed both times it is 3 m above its starting position—once on the way up, and once on the way back down.)

b) The ball will reach a maximum height of 7.3 m above its original position.

c) It will take 2.4 s to return to its original position after it is released.

Equation for Uniform Acceleration

$$v = v_0 + at$$

$$t = \frac{-v_0}{a}$$

$$t = \frac{-12}{-9.8}$$

$$t = 1.2244 \text{ s}$$

This is the time it takes to reach the highest point. Since the path is symmetric, the total time it takes to return to its original position is $2t$:

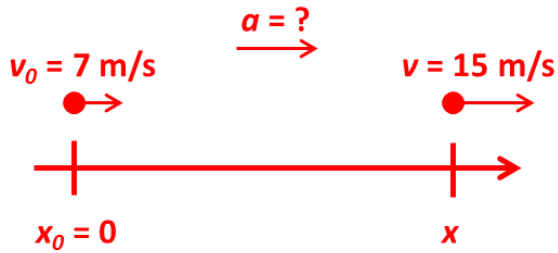
$$2t = 2(1.2244 \text{ s}) = 2.4488 \text{ s}$$

$$t = 2.4 \text{ s}$$

14) An object is traveling at a speed of 7 m/s. How fast will it need to accelerate to reach a speed of 15 m/s in 2.5 s?

Given: $v_0 = 7 \text{ m/s}$, $v = 15 \text{ m/s}$, $t = 2.5 \text{ s}$; **Want:** a

Figure:



Calculations:

Equation for Uniform Acceleration

$$v = v_0 + at$$

$$a = \frac{v - v_0}{t}$$

$$a = \frac{15 - 7}{2.5}$$

$$a = 3.2 \text{ m/s}^2$$

Conclusion: The object must accelerate at a rate of 3.2 m/s^2 in order to reach a speed of 15 m/s in 2.5 s.

15) A runner begins from rest and accelerates at a constant rate of 2.5 m/s^2 until reaching his maximum speed of 10 m/s. He runs at this speed for 5 s, then begins to slow down, returning to rest at a constant deceleration in 5 s. He then turns around and runs back toward his starting position with a non-constant acceleration until reaching a speed of 8 m/s after 3 s. Sketch the velocity versus time graph of the runner's motion on the grid below.

