

Reference Guide & Formula Sheet for Physics

Dr. Hoselton & Mr. Price

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#3 Components of a Vector

$$\text{if } V = 34 \text{ m/sec } \angle 48^\circ$$

then

$$V_x = 34 \text{ m/sec} \cdot (\cos 48^\circ); \text{ and } V_y = 34 \text{ m/sec} \cdot (\sin 48^\circ)$$

#4 Weight = $m \cdot g$

$$g = 9.81 \text{ m/sec}^2 \text{ near the surface of the Earth}$$

$$= 9.795 \text{ m/sec}^2 \text{ in Fort Worth, TX}$$

Density = mass / volume

$$\rho = \frac{m}{V} \text{ (unit : kg / m}^3\text{)}$$

#7 Ave speed = distance / time = $v = d/t$

$$\text{Ave velocity} = \text{displacement} / \text{time} = v = d/t$$

$$\text{Ave acceleration} = \text{change in velocity} / \text{time}$$

#8 Friction Force

$$F_f = \mu \cdot F_{\text{norm}}$$

If the object is not moving, you are dealing with static friction and it can have any value from zero up to $\mu_s F_{\text{norm}}$

If the object is sliding, then you are dealing with kinetic friction and it will be constant and equal to $\mu_k F_{\text{norm}}$

#9 Torque

$$\tau = F \cdot L \cdot \sin \theta$$

Where θ is the angle between F and L ; unit: Nm

#11 Newton's Second Law

$$F_{\text{net}} = \Sigma F_{\text{ext}} = m \cdot a$$

#12 Work = $F \cdot D \cdot \cos \theta$

Where D is the distance moved and

θ is the angle between F and the

direction of motion,

unit : J

#16 Power = rate of work done

$$\text{Power} = \frac{\text{Work}}{\text{time}}$$

unit : watt

$$\text{Efficiency} = \text{Work}_{\text{out}} / \text{Energy}_{\text{in}}$$

Mechanical Advantage = force out / force in

$$\text{M.A.} = F_{\text{out}} / F_{\text{in}}$$

#19 Constant-Acceleration Linear Motion

$$v = v_0 + a \cdot t \quad x$$

$$(x - x_0) = v_0 \cdot t + \frac{1}{2} \cdot a \cdot t^2 \quad v$$

$$v^2 = v_0^2 + 2 \cdot a \cdot (x - x_0) \quad t$$

$$(x - x_0) = \frac{1}{2} \cdot (v_0 + v) \cdot t \quad a$$

$$(x - x_0) = v \cdot t - \frac{1}{2} \cdot a \cdot t^2 \quad v_0$$

#20 Heating a Solid, Liquid or Gas

$$Q = m \cdot c \cdot \Delta T \quad (\text{no phase changes!})$$

Q = the heat added

c = specific heat.

ΔT = temperature change, K

#21 Linear Momentum

$$\text{momentum} = p = m \cdot v = \text{mass} \cdot \text{velocity}$$

momentum is conserved in collisions

#23 Center of Mass – point masses on a line

$$x_{\text{cm}} = \Sigma(m x_i) / M_{\text{total}}$$

#25 Angular Speed vs. Linear Speed

$$\text{Linear speed} = v = r \cdot \omega = r \cdot \text{angular speed}$$

#26 Pressure under Water

$$P = \rho \cdot g \cdot h$$

h = depth of water

ρ = density of water

#28 Universal Gravitation

$$F = G \frac{m_1 m_2}{r^2}$$

$$G = 6.67 \text{ E-11 N m}^2 / \text{kg}^2$$

#29 Mechanical Energy

$$\text{PE}_{\text{grav}} = P = m \cdot g \cdot h$$

$$\text{KE}_{\text{trans}} = K = \frac{1}{2} m v^2$$

#30 Impulse = Change in Momentum

$$F \cdot \Delta t = \Delta(m \cdot v)$$

#31 Snell's Law

$$n_1 \cdot \sin \theta_1 = n_2 \cdot \sin \theta_2$$

Index of Refraction

$$n = c / v$$

c = speed of light = $3 \text{ E}+8 \text{ m/s}$

#32 Ideal Gas Law

$$P \cdot V = n \cdot R \cdot T$$

n = # of moles of gas

R = gas law constant

$$= 8.31 \text{ J / K mole}$$

#34 Periodic Waves

$$v = f \cdot \lambda$$

$$f = 1 / T$$

T = period of wave

#35 Constant-Acceleration Circular Motion

$$\omega = \omega_0 + \alpha \cdot t \quad \theta$$

$$\theta - \theta_0 = \omega_0 \cdot t + \frac{1}{2} \cdot \alpha \cdot t^2 \quad \omega$$

$$\omega^2 = \omega_0^2 + 2 \cdot \alpha \cdot (\theta - \theta_0) \quad t$$

$$\theta - \theta_0 = \frac{1}{2} \cdot (\omega_0 + \omega) \cdot t \quad \alpha$$

$$\theta - \theta_0 = \omega \cdot t - \frac{1}{2} \cdot \alpha \cdot t^2 \quad \omega_0$$

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A. Parrish



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web sie beschleunigen den stoffwechsel und verhindern die fettablagerung im körper zudem wirken viele stoffwechsel tabletten auf das sättigungsgefühl ein und hemmen den appetit so werden der transport und die umwandlung von nährstoffen gewährleistet und gleichzeitig weniger kalorien aufgenommen

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web inhaltsÜbersicht was ist der stoffwechsel die 4 wichtigsten antworten im bezug auf einen zu langsamen stoffwechsel die drei effektivsten möglichkeiten um kalorien zu verbrennen fazit was ist der stoffwechsel es ist nicht ungewöhnlich dass viele menschen ihre gewichtszunahme auf einen langsamen stoffwechsel zurückführen

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web apr 9 2021 je nachdem wie dein stoffwechsel arbeitet kann er entweder der schlüssel für sportliche höchstleistungen sein oder die quelle hartnäckigen Übergewichts du möchtest ohne gym fett loswerden dieser cleverer trainings und ernährungsplan zum abnehmen eignet sich speziell für anfänger

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web oct 5 2022 vier stoffe die den stoffwechsel beschleunigen können sind koffein capsaicin proteine wasser kann man den stoffwechsel anregen der stoffwechsel kann durch regelmäßige sportliche betätigung eine ausreichende flüssigkeitszufuhr stressreduktion sowie bestimmte lebensmittel angeregt werden

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web der stoffwechsel auch metabolismus genannt umfasst alle vorgänge bei denen stoffe in unseren zellen neu aufgebaut abgebaut oder recycelt werden das ganze dient dazu unseren körper in schuss zu halten man unterscheidet dabei grob zwei stoffwechselabteilungen den baustoffwechsel und den energiestoffwechsel

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web da der anabole stoffwechsel für die synthese von eiweißen verantwortlich ist spielt dieser prozess auch beim muskelaufbau eine entscheidende rolle wenn du deinem körper ausreichend muskeltreibstoff in form von proteinen zur verfügung stellst kannst du effektiv muskeln aufbauen