

4.2 Information sheets – Paper 1 (Physics)

DATA FOR PHYSICAL SCIENCES: GRADE 12
PAPER 1 (PHYSICS)

TABLE 1: PHYSICAL CONSTANTS

NAME	SYMBOL	VALUE
Acceleration due to gravity	g	$9,8 \text{ m}\cdot\text{s}^{-2}$
Universal gravitational constant	G	$6,67 \times 10^{-11} \text{ N}\cdot\text{m}^2\cdot\text{kg}^{-2}$
Speed of light in a vacuum	c	$3,0 \times 10^8 \text{ m}\cdot\text{s}^{-1}$
Planck's constant	h	$6,63 \times 10^{-34} \text{ J}\cdot\text{s}$
Coulomb's constant	k	$9,0 \times 10^9 \text{ N}\cdot\text{m}^2\cdot\text{C}^{-2}$
Charge on electron	e	$-1,6 \times 10^{-19} \text{ C}$
Electron mass	m_e	$9,11 \times 10^{-31} \text{ kg}$
Mass of the Earth	M	$5,98 \times 10^{24} \text{ kg}$
Radius of the Earth	R_E	$6,38 \times 10^6 \text{ m}$

TABLE 2: FORMULAE

MOTION

$v_f = v_i + a\Delta t$	$\Delta x = v_i\Delta t + \frac{1}{2}a\Delta t^2$ OR $\Delta y = v_i\Delta t + \frac{1}{2}a\Delta t^2$
$v_f^2 = v_i^2 + 2a\Delta x$ OR $v_f^2 = v_i^2 + 2a\Delta y$	$\Delta x = \left(\frac{v_i + v_f}{2}\right)\Delta t$ OR $\Delta y = \left(\frac{v_i + v_f}{2}\right)\Delta t$

FORCE

$F_{\text{net}} = ma$	$p = mv$
$F_k^{\text{net}} = \mu_k N$	$F_s = \mu_s N$
$F_{\text{net}}\Delta t = \Delta p$ $\Delta p = mv_f - mv_i$	$w = mg$
$F = \frac{Gm_1m_2}{d^2}$ OR $F = \frac{Gm_1m_2}{r^2}$	$g = \frac{GM}{d^2}$ OR $g = \frac{GM}{r^2}$

WORK, ENERGY AND POWER

$W = F\Delta x \cos\theta$	$U = mgh$ OR $E_p = mgh$
$K = \frac{1}{2}mv^2$ OR $E_k = \frac{1}{2}mv^2$	$W_{\text{net}} = \Delta K$ OR $W_{\text{net}} = \Delta E_k$ $\Delta K = K_f - K_i$ OR $\Delta E_k = E_{kf} - E_{ki}$
$W_{\text{net}} = \Delta K + \Delta U$ OR $W_{\text{net}} = \Delta E_k + \Delta E_p$	$P = \frac{W}{\Delta t}$
$P_{\text{net}} = Fv_{\text{net}}$	

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we ll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there s an important reason for this

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web a macrocycle refers to your season as a whole a mesocycle refers to a particular training block within that season e g the endurance phase a microcycle refers to the smallest unit within a mesocycle e g usually a week of training

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web apr 14 2020 football microcycle with 2 official competitions separated for 6 days this video describes six fundamental aspects of the training microcycle organizati

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web program goals increase intensity and power output through mutli joint explosive training increase strength and neuromuscular stimulation by using a five week periodized program increase lean muscle tissue learn olympic lifts and explosive movements prepare muscles and connective tissue for more specialized phases