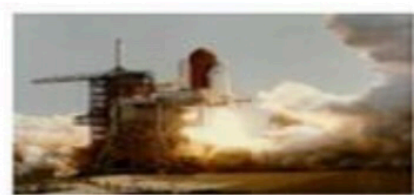


- Mechanical energy is the energy which is possessed by an object due to its motion or its stored energy of position

Forms of Energy

- **Kinetic energy** : is the energy of motion

Energy which a body possesses because of its motion, which occurs anywhere from an atomic level to that of a whole organism



Examples of Kinetic Energy: This is not an all-inclusive list.

- Electrical – The movement of atoms
- Electromagnetic or Radiant – The movement of waves
- Thermal or Heat – The movement of molecules
- Motion – The movement of objects
- Sound – The movement through waves

Engineers generally refer to thermal/heat energy as “internal energy” and use “kinetic energy” strictly in reference to motion. Potential Energy (Stored energy or gravitational energy)

- The capacity to do work by virtue of position or configuration
- an object can store energy as the result of its position or elastic source
- Potential Energy is maximum at the maximum HEIGHT

Energy transformation involves the conversion of one form of energy into another form.

Examples of energy transformation include:

- Chemical – Food is consumed and converted into motion for playing sports or taking a test.
- Radiant – Sunlight is consumed by plants and converted into energy for growth.
- Electrical – Energy transferred to an oven is converted to thermal energy for heating our