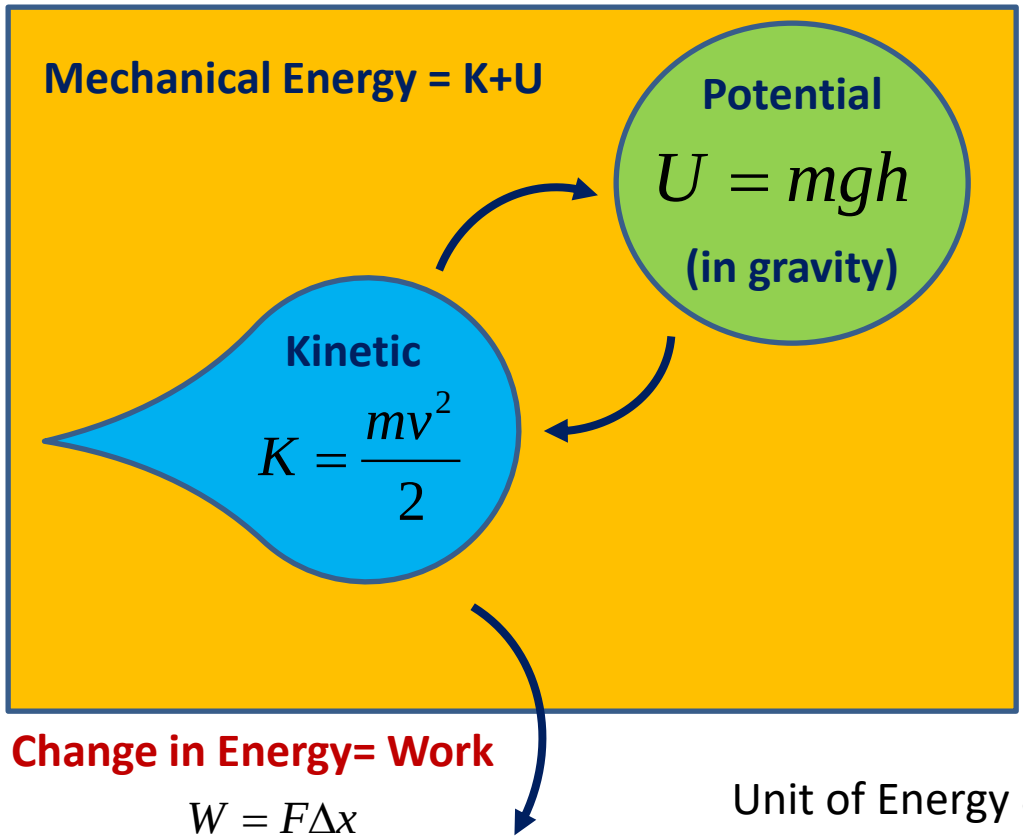
Mechanical Energy and Work



Unit of Energy & Work is called Joule (J)

$$1J = 1N \cdot m = 1\frac{kg \cdot m^2}{s^2}$$

Homework

A rollercoaster train starts motion with zero initial speed at the height ***H=110m*** above the ground. It travels down to point (A) at height h_A***=20m***, and then climbs up to the point B at height h_B***=60m***. Find its speed at the points A and B, neglecting air resistance and any kind of friction. There is no engine, just gravity.