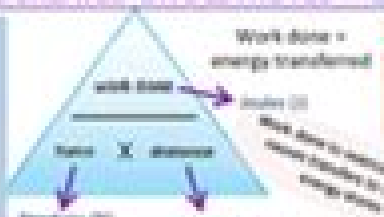


ENERGY CANNOT BE CREATED OR DESTROYED – ONLY TRANSFERRED

CONSERVATION OF ENERGY

In closed systems the total energy remains the same, nothing is lost externally.



Useful energy out
Light 60J
Heat 40J
Total 100J

Efficiency = $\frac{\text{useful energy out}}{\text{total energy in}}$

To increase efficiency:
Lubricate moving parts to reduce friction
Use low resistance wiring
Aerodynamic shape to reduce air resistance
Reduce vibrations of loose parts

Useful = light 60J
Total = 60+40+10 = 110J
 $60 \div 110 = 0.545$ 0.545 x 100 = 54.5%

The more powerful an object, the faster the rate at which it transfers energy



Conduction
Objects are better conductors than insulators.
Copper is the better conductor.
Insulation
Insulating material around the beakers.
[ΔT] = temperature change of the water.
[Control] = size of beaker, volume of water, thickness of material, same thermometer, time left for

Prefix	giga	mega	kilo	centi	milli	micro	nanosec	tera
Symbol	G	M	k	c	m	μ	n	T
Multiplying factor	10 ⁹	10 ⁶	10 ³	10 ⁻²	10 ⁻³	10 ⁻⁶	10 ⁻⁹	10 ¹²

Elastic potential energy
 $E_e = \frac{1}{2} kx^2$
 E_e = Potential energy
 k = Spring constant
 x = extension of spring

Remember: the extension of a spring is directly proportional to force applied (as long as the proportionality limit isn't exceeded)



Energy demands!!
Wind, Wave, Tidal, Geothermal, Hydroelectric, Solar
Renewable Energy Energy from natural resources that are always being replenished, therefore won't run out.

Non-Renewable Energy Energy from sources such as fossil fuels, which have limited supply and will eventually run out.
Fossil fuels, Nuclear

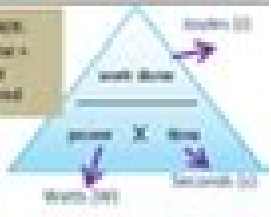
Specific Heat Capacity
The amount of energy needed to raise the temperature of 1kg of a substance by 1°C



The higher the heat capacity, the more energy needed to raise the temperature.
• Degrees Celsius (°C)
• Kilograms (kg)
• Joules (J)
• Joules per kilogram per degree Celsius (J/kg °C)

POWER

Wasted energy
= Total power in - useful energy
efficiency = $\frac{\text{useful power out}}{\text{total power in}} \times 100$



Appliance	Power rating
Toaster	1000
Light bulb	100W
Car horn	10000W

Energy Resource	Process	Advantages	Disadvantages
Wind	Wind turbines rotated using wind, which rotates generators	Renewable, No greenhouse gases	Reliability - wind (lower energy transfer), Wind and noise pollution
Tidal	Electricity solar radiation, heats up water floating through pipes	Renewable, No greenhouse gases	Reliability - sun (lower energy transfer), Wind pollution
Wave	Floating generators wave up and down turning internal generators	Renewable, No greenhouse gases	Reliability - waves (lower energy transfer), Wind pollution
Geothermal	Energy from earths radioactive substances, heat water which turns turbines/generators	Renewable, No greenhouse gases	Reliability (lower energy transfer), Only in ground
Hydroelectric	Waterfalls collected in reservoirs are released downhill/heat a tank, rotating turbines which then drive generators	Renewable, No greenhouse gases	Reliability - rain (lower energy transfer), Wind and noise pollution, loss of habitat
Solar	Solar panels converting sunlight into electricity	Renewable, No greenhouse gases	Reliability - high rates (lower energy transfer), Wind pollution
Fossil fuels	Heat, oil or gas burning in power stations, heat water into steam which turns turbines/generators	Reliable, High demand, Transfers higher quantities of energy than renewables (1000W)	Still run out, Release high amounts of carbon dioxide, greenhouse gases and particulates into atmosphere
Nuclear	Using uranium or plutonium rods in controlled reaction, absorbing energy transferred during nuclear reactions	No fossil fuels, More energy transferred per kg than fossil fuels	Radioactive waste, Storage for centuries, leaks/explosions in reactors releases radioactive material

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web length of program this shoulder conditioning program should be continued for 4 to 6 weeks unless otherwise specified by your doctor or physical therapist after your recovery these exercises can be continued as a maintenance program for

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