

Work Practice

Name: _____

Reflection and Self-Assessment

Part 1: Circle the statement that best describes how you completed the practice:

- I answered all questions without using the online solutions. I checked my answers against the key at the back of the practice and was able to determine my mistakes and correct them without referring to the online solutions.
- I answered most questions correctly without using the online solutions. I used the online solutions to help me with some questions and was able, with help from the online solutions, to understand every question and answer them correctly.
- I used the online solutions to help me with most of the questions. I was able, with help from the online solutions, to understand each question and answer them correctly.
- Even using the online solutions, I was not able to fully understand the solution to some problems. The questions I had trouble with were:

- I did not attempt all the questions on the practice.

Part 2: Circle the statement that best describes your confidence in answering questions of this type in the future.

- I am confident I can answer nearly any question of this type correctly without using notes or other assistance.
- I am confident I can answer **MOST** questions of this type correctly without using notes or other assistance.
- I am **NOT** confident I can answer most questions of this type correctly without using notes or other assistance.

Part 3: Circle the statement below that best describes the total amount of time you spent actively working on this practice:

Less than an hour	Between one and two hours	Between two and three hours	Between three and four hours	More than four hours
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1. A table is pushed by a person 5.6m across a floor at a constant velocity by a force of 62N.

The person does _____ J of work on the table.

The floor does _____ J of work on the table.

2. A block is pushed by a person 2.9 m across a floor with an applied force of 125N. A constant frictional force of 112N works against the motion.

The person does _____ J of work on the block.

The floor does _____ J of work on the block.

3. A block which is initially moving at 25 m/s is slowed by a friction force of 1250 N until it stops after 16m.

The floor does _____ J of work on the block.

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4. A 52 kg object is lifted by a rope 2.9 m at a constant velocity.

The rope does _____ J of work on the table.

The Earth does _____ J of work on the object.

5. A 52 kg object is dropped from a height a 25 m and falls to the ground.

The Earth does _____ J of work on the object.

6. A rope attached to a 28 kg object is used to lower it from a height of 3.1m at a constant velocity.

The rope does _____ J of work on the object.

The Earth does _____ J of work on the object.

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7. A 26kg object is pushed 46m by a person at a constant velocity over a floor with $\mu = 0.24$.

The person does _____ J of work on the object.

The floor does _____ J of work on the object.

8. A 23kg block is pushed 1.2m up a 21° frictionless incline at a constant velocity.

The person does _____ J of work on the block.

The Earth does _____ J of work on the block.

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9. A 0.35kg puck with initial velocity of 26m/s slides across ice with $\mu = 0.14$ until it stops.

The ice does _____ J of work on the puck.

10. A person pushes a 15kg block across a frictionless surface with a force of 15N for 15 seconds.

The person does _____ J of work on the block.

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Answer Key				
1) Person does 350 J Floor does -350 J	2) Person does 360 J Floor does -320 J	3) Floor does -2.0×10^4 J	4) Rope does 1500 J Earth does -1500 J	5) Earth does 1.3×10^4 J
6) Rope does -850 J Earth does 850 J	7) Person does 2800 J Floor does -2800 J	8) Person does 97 J Earth does -97 J	9) Ice does -120 J	10) Person does 1700 J