

Waves

Waves transport energy through matter or space.

When waves move through matter the water, air or other matter they move through is called a **medium**.

Crest - The highest point in the wave.

Trough – The lowest point in the wave.

Rest position – Halfway between the crest and the trough.

Amplitude – Height difference between the rest position and the crest (or trough.)

Wavelength – Distance from crest to crest

Frequency – Number of repetitions of wave in a given time

Hertz – Measure of frequency (cycles per second)