

TYPES OF ENERGY

energy is measured in Joules (J)

KINETIC Energy of **MOTION** (if you have velocity, you have K)

HEAT Energy of random motion of **MOLECULES/ATOMS**

RADIANT Energy of **LIGHT**, Radiowaves, Microwaves, etc.

POTENTIALS

GRAVITATIONAL Potential to **FALL**

ELASTIC Potential to **SPRING BACK** to original shape

CHEMICAL Potential to **REACT OR COMBUST**

ELECTRICAL Potential to **MOVE CHARGES**

NUCLEAR Potential to emit **RADIATION**

WORK is the transfer of **ENERGY**
from object to object or from form to form

**"I did 10 J of work
lifting the hammer"**

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**"I transferred 10 J
of energy from me
(Chem PE) to the
hammer (Grav PE)"**