



---

**NATURAL SCIENCES (NATS4)**

**NOTES AND ACTIVITY – US 7509**

**LESSION 16**

**UNPACKING SBA**

**THEME:** Energy and Change

**TOPIC:** Work and Power

At the end of this unit, you should be able to:

1. Define work done and power.
2. Explain the relationship between work done and power.
3. Apply formulae in calculations.

---

**A. WORK**

- When an applied force causes an object to move, **work** is being done on the object by the force
- Work is the measure of energy transfer when a **force (F)** moves an object through a **distance (d)**
- So when work is done, energy is being transferred from one form to another, i.e. energy transferred = work done
- Since work is a transfer of energy, work and energy are measured in the same unit called **joule (J)**, a unit named after an English scientist James Prescott Joule, who studied the relationship between *heat, work and energy*.

**FORMULA FOR WORK DONE**

$$work = force \times distance$$

Where : **force** is measured in **newton (N)**  
: **distance** is measured in **meter (m)**

**NOTE!!!**

**Force** is a pull or push phenomenon and it is the product of an object's **mass** (measured in kg) and its **acceleration** (measured in  $\text{m}\cdot\text{s}^{-2}$ ):

$$\text{Force} = \text{mass} \times \text{acceleration}$$

- For **horizontal** motion, the symbol for acceleration is, **a**
- For **vertical** motion. The symbol for acceleration is, **g** =  $10 \text{ m}\cdot\text{s}^{-2}$

### WORKED EXAMPLES

1. Determine whether work is done on the following:

SCENARIO	ANSWER	EXPLANATION
A lady pushes a trolley to buy groceries	Work is done	A lady <i>applies a pushing force</i> on the trolley and the trolley <i>moves a certain distance</i>
A school bag is left on top of a table	No work is done	A school bag <i>exerts a force</i> on the table but the <i>table nor the bag moves</i>

2. Calculate work done if

Solly is pulling a table with a force of 5 newtons over a distance of 10 meters.	<p><b>Data</b></p> <p>Force = 5N                      <math>W = F \times d</math>            Distance = 10m                = <math>5 \times 10</math>            Work = ?                         = 50 joules (J)</p>
A toy car of mass 0.5.kg accelerates at $3 \text{ m}\cdot\text{s}^{-2}$ covering a distance of 2 meters.	<p><b>Data</b></p> <p>Mass = 0.5 kg                      <math>F = m \times a</math>            Acceleration = <math>3 \text{ m}\cdot\text{s}^{-2}</math>        = <math>0.5 \times 3</math>            Distance = 2 meters              = 4.5 N</p> <p><math>W = F \times d</math>            = <math>4.5 \times 2</math>            = 9 J</p>

## B. POWER

**Power** is the rate at which work is done. It is a measure of how quickly one form of energy is converted to another.

Power is measured in **watt (W)**. The unit is named after James Watt. A watt is a small unit, so we often use kilowatts (1kW = 1 000W)

### **FORMULA FOR POWER**

$$\text{power (in watts)} = \frac{\text{work done (in joules)}}{\text{time(in seconds)}}$$

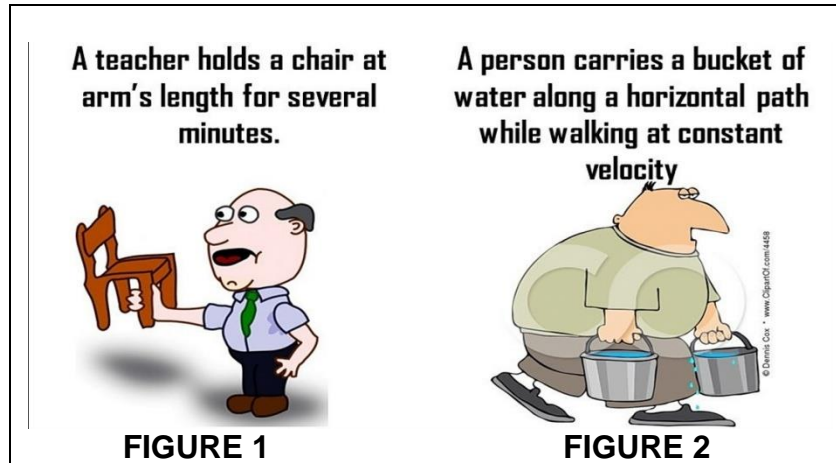
- *When 1 joule of work is done in 1 second then the power used is 1 watt.*

### **WORKED EXAMPLE**

<p>A crane lifts a 2 000 kilogram load of concrete to a height of 8 metres in 16 seconds. How much power does it use?</p>	<p><b>STEP 1:</b> <i>Calculate work done</i></p> <p><b>Work = force x distance</b></p> <p>= mass x <b>g</b> x distance (<b>g = 10m.s<sup>-2</sup></b>)</p> <p>= 2 000 x 10 x 8</p> <p>= 160 000 J</p> <p><b>STEP 2:</b> <i>Substitute work done and time</i></p> $\text{power} = \frac{\text{work done}}{\text{time}}$ $= \frac{160\,000}{16}$ <p>= 10 000 W</p> <p>= 10 kW</p> <p><b>N.B:</b> <i>10 000 W is divided by 1000 to get 10 kW</i></p>
---	--

## ACTIVITY

1. Study Figure 1 and 2, and determine whether work is done or not. (2)



2. Study the diagram and answer the questions.

A lady pushes a trolley with a force of 50 N on a horizontal plane covering a 12 m distance.



- 2.1 Calculate the amount of work done by the lady. (3)

$$\text{Work} = \text{force} \times \text{distance}$$

- 2.2 What is the name of the force acting in the opposite direction to the 50 N applied by the lady on the trolley? (2)
- 2.3 If the power is increased, does the work done **INCREASE**, **REMAIN CONSTANT** or **DECREASE**? Justify. (3)

**Compiler:** C Tshabalala