



Name _____ Class _____ Date _____

AFTER THIS WORKSHEET YOU CAN

- ✓ Understand: Impulse Definition
- ✓ Understand: Impulse-Momentum Theorem
- ✓ Understand: Units of Impulse
- ✓ Understand: Extending Collision Time to Reduce Force



Section A • Concept Check

• BEGINNER

4 × 1 = 4

- 1 A 8 N force acts for 5s. Find impulse.

- 2 A 3 kg object's velocity changes from 4 to 10 m/s in 2s. Find the average force.

- 3 A baseball (0.15 kg) changes velocity from -20 m/s to 20 m/s (a full reversal) during a 0.01s bat contact. Find the average force.

- 4 Why does catching a fast ball with a 'soft hands' technique (pulling your hands back) hurt less?



Section B • Problem Solving

• INTERMEDIATE

4 × 3 = 12

- 5 What does the area under a force-time graph represent?

- 6 A 500 kg car changes velocity by 10 m/s during a collision lasting 0.2s. Find the average force.

- 7 If the same momentum change happens over a much shorter time, how does the average force change?

- 8 A 2 kg object experiences an impulse of 16 N*s. If its initial velocity was 0, find its final velocity.



Section C • Challenge

• CHALLENGE

2 × 2 = 4

- 9 Why are padded gloves used in boxing and other combat sports?

- 10 A 0.5 kg object's momentum changes by 4 kg*m/s over 0.5s. Find the average force applied.

Reflection — the most useful thing I learned: _____

⌘ ANSWER KEY – FOLD OR CUT BEFORE HANDING OUT

1 = $40 \text{ N}\cdot\text{s}$ 2 = $F \cdot 2 = 3 \cdot 6 = 18$, $F = 9 \text{ N}$ 3 = $F \cdot 0.01 = 0.15 \cdot 40 = 6$, $F = 600 \text{ N}$ 4 = It extends the time of the catch, reducing the average force for the same change in the ball's momentum | 5 = The total impulse delivered 6 = $F \cdot 0.2 = 500 \cdot 10 = 5000$, $F = 25000 \text{ N}$ 7 = It increases significantly, since force and time are inversely related for a fixed impulse 8 = $16 = 2 \cdot v$, $v = 8 \text{ m/s}$ | 9 = They extend the time of impact, reducing the peak force experienced for a given momentum change 10 = $F = 4 / 0.5 = 8 \text{ N}$