$$W = \int_{r_i}^{r_f} \vec{\mathbf{F}} \cdot d\vec{\mathbf{r}} = \int_{x_i}^{x_f} F_x \cdot dx \qquad \Sigma W = K_f - K_i = \frac{1}{2} m v_f^2 - \frac{1}{2} m v_i^2$$

1. The magnitude of the force on a spring as a function of its displacement from equilibrium (x = 0) can be written F = -kx, where k is the "force constant" of the spring. What is the amount of work done in stretching the spring from x = 0 to $x = x_f$?

We need only integrate the force through the displacement. If the displacement is purely along the x axis from x = 0 to x_f , we can write an incremental displacement as $d\vec{\mathbf{x}} = dx \hat{\mathbf{i}}$, whereas the force can be written $\vec{\mathbf{F}} = -kx \hat{\mathbf{i}}$, acting in the opposite direction as the displacement.

$$W = \int_{0}^{x_{f}} \vec{\mathbf{F}} \cdot d\vec{\mathbf{x}} = \int_{0}^{x_{f}} (-kx\,\hat{\imath}) \cdot (dx\,\hat{\imath}) = \int_{0}^{x_{f}} -kx\,dx = \left[-\frac{1}{2}kx^{2}\right]_{0}^{x_{f}} = -\frac{1}{2}kx_{f}^{2}$$

2. What is the work done when a 3 kg object free-falls 1 m straight down, relative to the earth's surface? You can neglect air resistance, and let $g = 10 \text{ m/s}^2$.

The work done by gravity is just the net vertical displacement times the object's weight:

$$W_g = mg\Delta y = (3 \text{ kg}) (10 \text{ m/s}^2) (1 \text{ m}) = 30 \text{ J}$$

- 3. If you did not ignore air resistance in question 2, which of the following would be true?
 - ^D The work done would be more, work is done against air resistance and gravity.
 - D The work done would be less, air resistance is countering work by gravity.
 - The work done would be the same, the force of air resistance does no work.
 - [□] Cannot be determined without knowing the precise nature of the force of air resistance.

The work done by *gravity* is exactly the same, since the force of gravity itself does not change and neither does the total distance fallen.

A more formal answer would be that air resistance doesn't do any work, since it is not a force acting through a point of displacement, but a force acting over the whole object itself. We'll get in to that.