Summary

- Energy is Conserved

- Work = transfer of energy using force
  - Can be positive, negative or zero
  - $W = F\, d \cos(\theta)$

- Kinetic Energy (Motion)
  - $K = \frac{1}{2}\, m\, v^2$

- Work = Change in Kinetic Energy
  - $\Sigma\, W = \Delta K$