Main Ideas

- Rotating objects have kinetic energy
  - ➔ $KE = \frac{1}{2} I \omega^2$
- Moment of Inertia $I = \Sigma mr^2$
  - ➔ Depends on Mass
  - ➔ Depends on axis of rotation
- Energy is conserved but need to include rotational energy too: $K_{rot} = \frac{1}{2} I \omega^2$