

# Define Angular Momentum

## Momentum

$$p = mV$$

conserved if  $\Sigma F_{\text{ext}} = 0$

Vector

units: kg-m/s

## Angular Momentum

$$L = I\omega$$

conserved if  $\Sigma \tau_{\text{ext}} = 0$

Vector!

units: kg-m<sup>2</sup>/s

