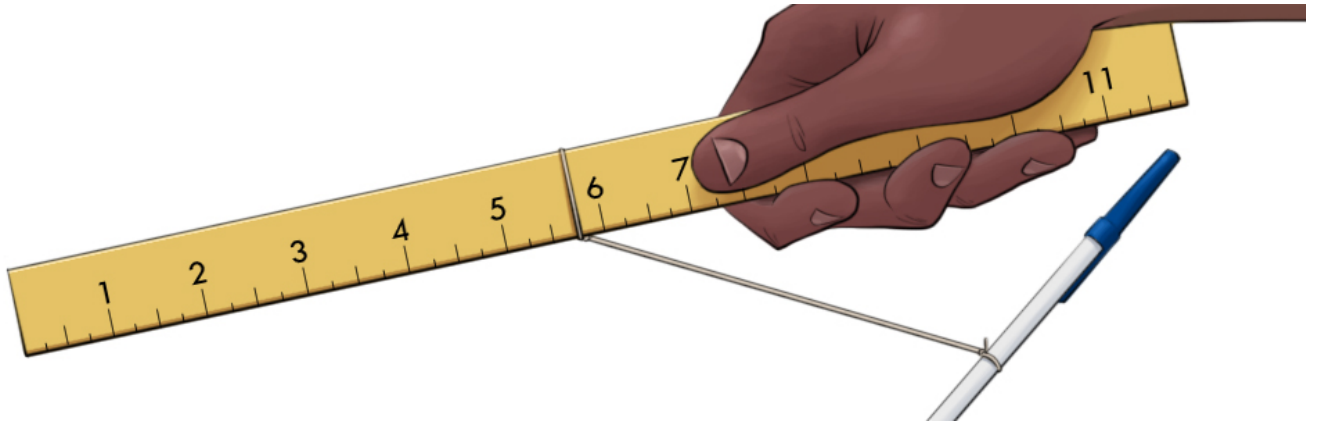


3.3 Introduction



Learning Activities

In this lesson, you will complete these activities.

1. Read "Total Mechanical Energy."
2. Complete Self Check 3.3.

Outcome

Identify the total mechanical energy of an object as a combination of its gravitational potential energy, elastic potential energy, and kinetic energy.

