

Impulse – Momentum

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Newton's Laws of Motion

- Law of Uniform Motion
 - Every object continues in its state of rest or of uniform motion in a straight line unless a force changes the motion.
- Law of Acceleration
 - The rate of change of motion of an object is proportional to the force applied "on" the object and in the direction of the line of application of the force.
- Law of Action-Reaction
 - For every force applied "on" an object, there is an equal and opposite force applied "by" the object.

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Newton's Laws of Motion

- Law of Acceleration
 - When a force acts ON an object, it causes acceleration ($\Sigma F_{ON} = ma$)
 - F_{ON} = a force acting on the object
 - Force units: N or kgm/s^2
 - 'm' = mass of an object (units: kg)
 - Inertia: Object's resistance to change motion
 - Quantified by measuring mass
 - Units: kg

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$$\begin{aligned}\Sigma F_{on} &= ma_{on} \\ F &= ma \quad a = \frac{\Delta v}{\Delta t} \\ \Delta \cdot F &= m \frac{\Delta v}{\Delta t} \cdot \Delta t \\ F \Delta t &= m \Delta v \\ \underline{F \Delta t} &= \Delta (mv) \\ \text{Impulse} & \text{ (units: momentum)} \\ \frac{N \cdot s}{s} &= \frac{kg \cdot m/s}{s} \cdot s \\ F \Delta t &= mv_f - mv_i\end{aligned}$$

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Impulse-Momentum

- Why go through knee flexion during landing?



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Impulse-Momentum

- Throwing / Catching



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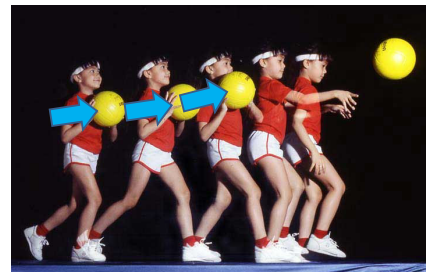
Impulse-Momentum

- $\Sigma F_{ON} \Delta t = (mv_f - mv_i)$

$$\begin{aligned} \Sigma F_{ON} &= ma_{ON} \\ F &= ma \quad a = \frac{\Delta v}{\Delta t} \\ \therefore F &= m \frac{\Delta v}{\Delta t} \cdot \Delta t \\ F \Delta t &= m \Delta v \\ F \Delta t &= \Delta (mv) \\ \text{Impulse} &= \Delta \text{ momentum} \\ \frac{N \cdot s}{s} &= \frac{kg \cdot m}{s} - \frac{kg \cdot m}{s} \end{aligned}$$

- Impulse = $F \Delta t$ (Units: Ns)
- Momentum = mv (Units: kgm/s)
- "Impulse causes a change in momentum"

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Impulse is the product of force and how long that force acts on the object.

Impulse causes a change in momentum of the object.

$$F \Delta t$$

=

$$(mv_f - mv_i)$$

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Unit Analysis

- Impulse units: Ns
- Momentum units: kgm/s

unit analysis

$$F \Delta t = \Delta (mv)$$

$$Ns = \frac{kgm}{s}$$

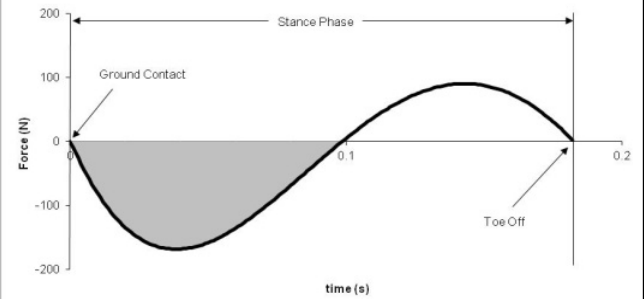
$$\frac{kgm}{s^2} \cdot s = \frac{kgm}{s}$$

$$\frac{kgm}{s} = \frac{kgm}{s}$$

Impulse units = Ns
momentum units = $\frac{kgm}{s}$

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Anterior-Posterior Ground Reaction Force During Running



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Impulse-Momentum

- Impulse
 - Product of force applied and length of time applied
 - Impulse = $F\Delta t$
 - Units: Ns
- Momentum
 - Quantity of motion
 - Momentum = mv
 - Units: kgm/s
- Impulse causes a **change** in momentum
 - $F\Delta t = \Delta mv$

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