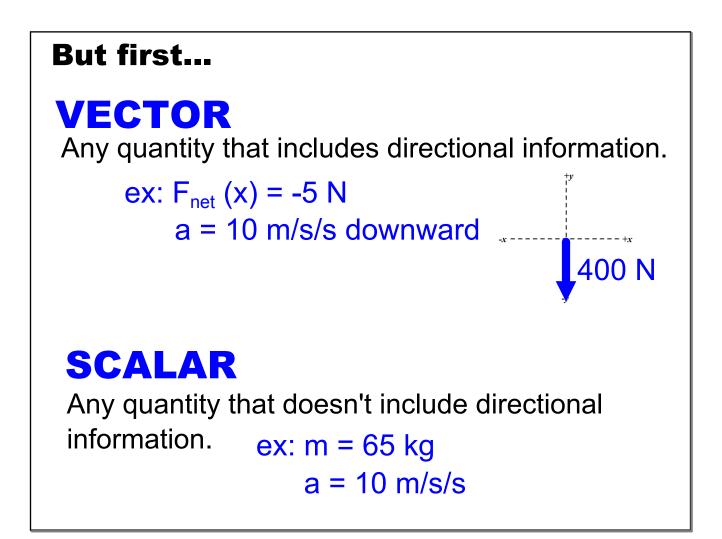
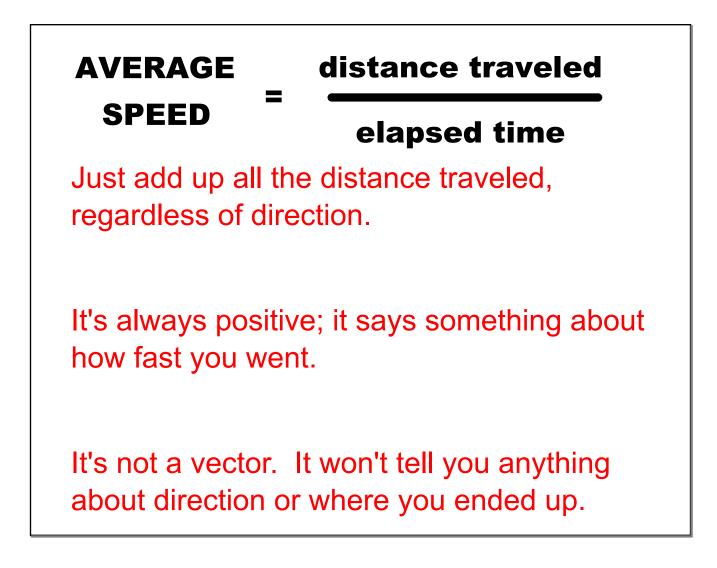


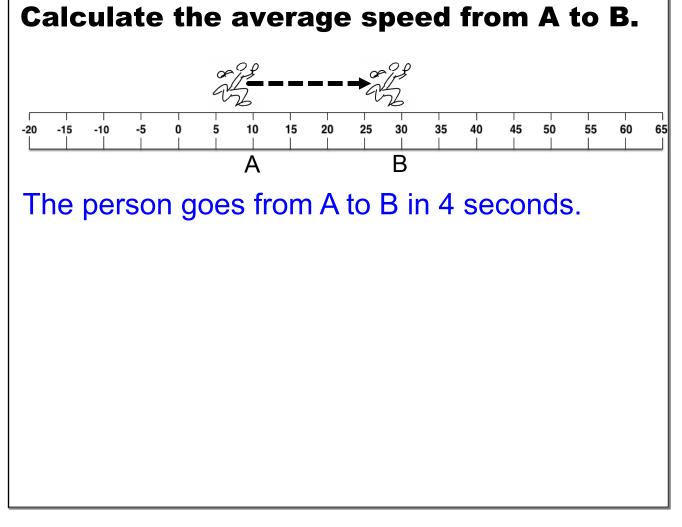
## Motion involves changing your position over time. In other words, traveling a distance.

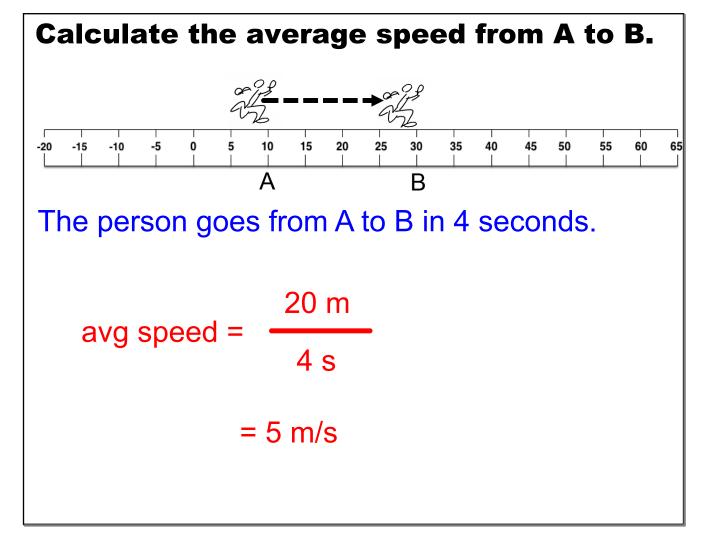
# But there are two ways to measure that.

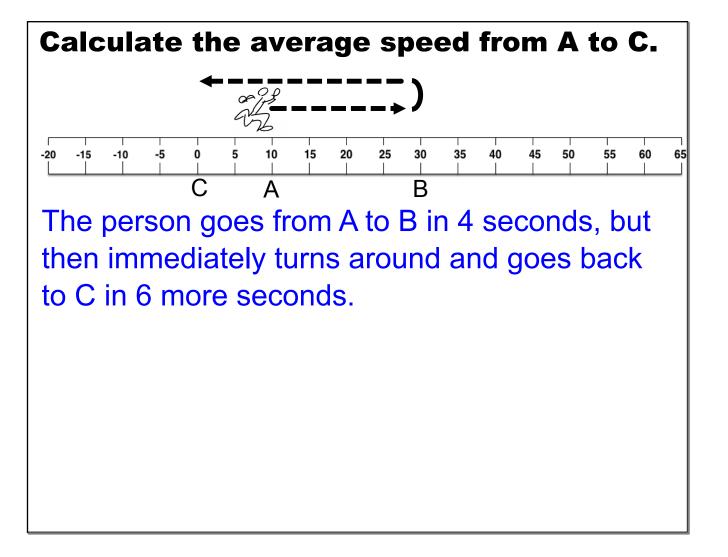


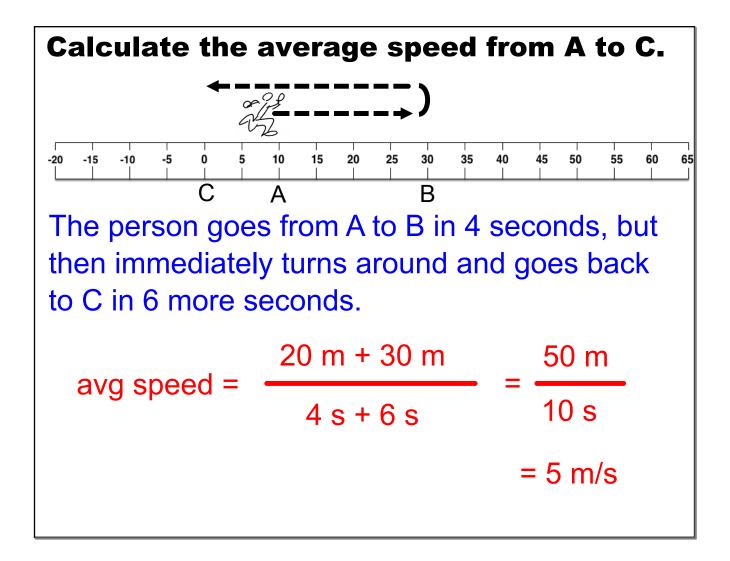










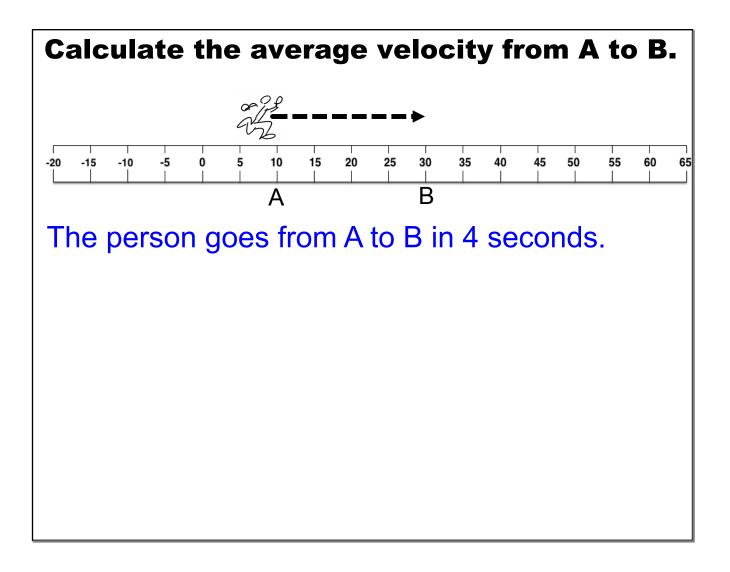


# AVERAGE change in position VELOCITY elapsed time

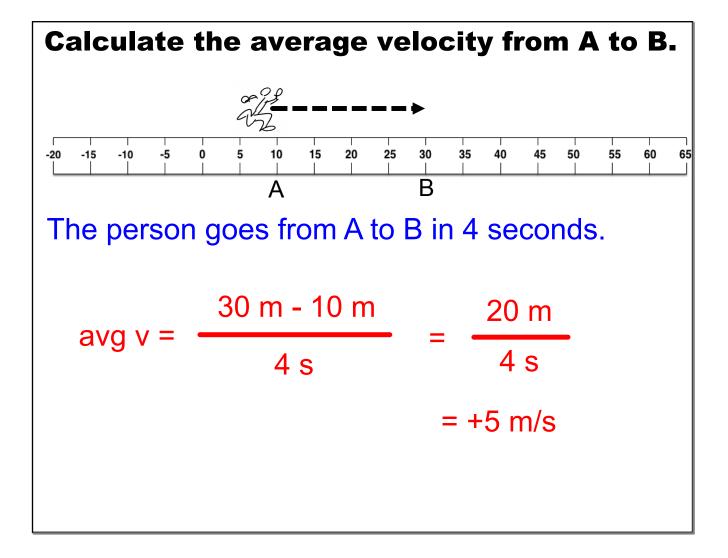
Change in position is final position minus initial position.

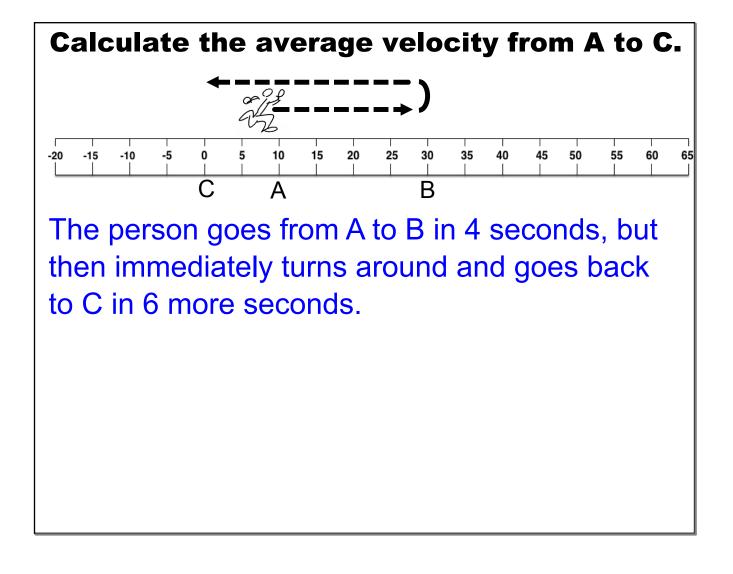
The sign of the answer indicates direction.

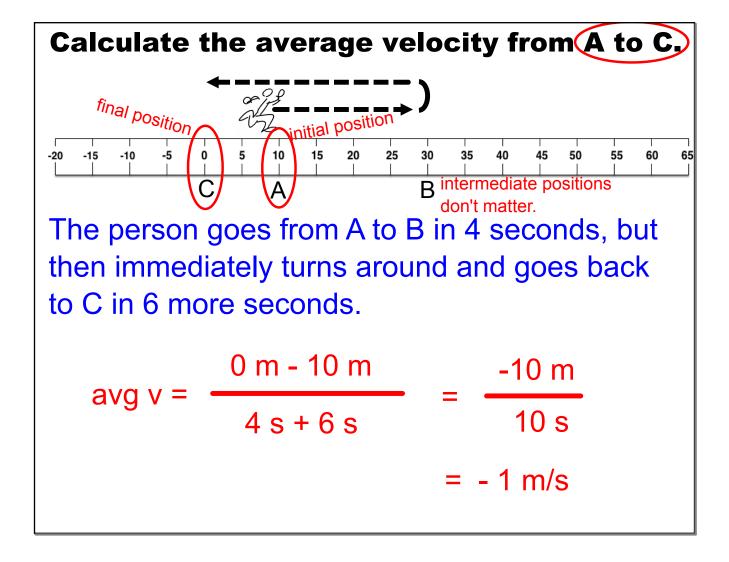
It's a vector - it tells you something about where you ended up.











#### Both are in m/s

#### **Average Speed**

Tells you how fast, but no indication of direction or where you ended up.

#### **Average Velocity**

Indicates direction and where you ended up, but not about the speeds along the way.

Which one do we go with?

And how do we make it so that it doesn't miss things?





# Beijing, 2008

**Olympic Competition** 

Usain Bolt runs the 100 m in a record 9.69 s.



## **Berlin, 2009**

World Competition

Usain Bolt runs the 100 m in 9.58 s, breaking his previous record.