

Conservation of ME vs Primitive Kinematics for calculating,

E.g., The speed of a falling object at a specified height y , after starting at rest at height, H .

(A) Cons of (ME) = (PE)_G + (KE) = constant = ME₀ = mgH .
 $mg y + \frac{1}{2} m v^2 = mgH$ yields $v^2 = 2g(H-y)$
 $v = \sqrt{2g(H-y)}$

(B) We can also calculate $v(y)$ from kinematics of constant acceleration:

(i) $y(t) = y_0 + v_0 t + \frac{1}{2} a t^2 = H + 0 - \frac{g t^2}{2}$ (adopting upward as +y axis)

(ii) $v(t) = v_0 + at = -gt$

& calculate $v(y)$ by eliminating t from these two equations:

From (ii) $t = -v(t)/g$ & insert into (i):

at time t , $y(t) = H - \frac{g}{2} \frac{[v(t)]^2}{g^2} = H - \frac{v^2}{2g} = y$

so that

$$H - y = \frac{v^2}{2g} \Rightarrow \sqrt{2g(H-y)} = \sqrt{v^2} = v$$

... same answer as Cons of ME yields above.
 As, of course, it had to be, since NH determines both.