













$$\Delta v \frac{\Delta x}{\Delta t} = \frac{F^{net} \Delta x}{m}$$

$$\langle v \rangle \Delta v = \frac{F^{net} \Delta x}{m}$$

$$\frac{v_i + v_f}{2} (v_f - v_i) = \frac{F^{net} \Delta x}{m}$$

$$\frac{1}{2} (v_f^2 - v_i^2) = \frac{F^{net} \Delta x}{m}$$

$$\frac{1}{2} m (v_f^2 - v_i^2) = F^{net} \Delta x$$

$$Definitions:$$

$$Kinetic energy = \frac{1}{2} m v^2$$

$$Work done by a force $F = F \Delta x$

$$Result$$

$$\Delta (\frac{1}{2} m v^2) = F^{net} \Delta x$$$$