













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

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

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

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

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

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

$$\frac{1}{2} p_{\text{NSI}} = \frac{F^{net} \Delta x}{14}$$





