



Name: _____ Date: _____ Period: _____

16:1 Two-Column Notes
"Describing and Measuring Motion"
Pages 598-607

Problem/Question	Information/Answer
Define motion	
What is a reference point?	
When is an object in motion?	
Relative to the sun, are you in motion? Explain.	
What is SI?	
What is length measured in?	
How can you calculate speed? (Formula)	
If a runner is jogging at 10km/hr, how far can she jog in two $\frac{1}{2}$ hours? Show work!	
What is average speed?	
How does one calculate average speed?	
A Bob decides to run a 5k. Here is the breakdown of his times: 1k 4:53 2k 4:59 3k 5:03 4k 5:09 5k 5:01	<u>Calculate Average speed</u> How long did it take Bob to finish?
What is instantaneous speed?	