

Assignment #4 HK 376 – Biomechanics

Monday October 22nd, 2018

1. Raphael the hero ninja kicks the villain Shredder. While Raphael's foot is in contact with The Shredder, an average net horizontal force (Raphael + friction) of 400 N acts over a distance of 2m. If The Shredder was initially at rest and has a mass of 90kg:
 - a. How much net work, in the horizontal direction, was done on The Shredder? (1)
 - b. What is the Shredders' velocity after the 400 N net force stops acting? (1)
 - c. How much energy does the Shredder have right after the 400 N net force stops acting? (1)
 - d. After traveling the 2m (the 400 N net force is no longer being applied), the Shredder slides for an additional 1.5 s before coming to rest. What is the coefficient of friction between the Shredder and the sewer floor? (2)

2. The velocity of a 10 kg block is changed at a constant rate from rest to 6 m/s in 8 s?
 - a. What average force was exerted on the block? (1)
 - b. What distance did the block travel? (1)
 - c. How much work was done on the block? (1)

3. A 6 kg bowling ball is moving with a velocity of 3 m/s.
 - a. How much kinetic energy does the bowling ball possess? (1)
 - b. How much work must act on the bowling ball to bring it to a stop? (1)

4. Consider the following 2 scenarios. (A) A pitcher throws a ball at -55 m/s and the batter swings at 25 m/s. (B) A pitcher throws a ball at -25 m/s and the batter swings at 55 m/s. The ball has a mass of .15 kg, and the bat has a mass of 1 kg. Assume that the impact between the ball and bat lasted for 0.3 s, the coefficient of restitution was 0.5 and that the force of impact maintained a constant value throughout impact.
 - a. For both scenarios: what impulse was exerted on the ball by the bat? (2)
 - b. For both scenarios: how much work was done on the ball by the bat? (2)

5. Assume that a sling shot behaves like a linear spring with stiffness, $k=2$, according to Hooke's Law, how much must the sling shot be deformed to store 120 J of energy? (1)

This assignment is due in class on Monday October 29th, 2018. Please show all your work and BOX your answers. Be sure to include units.

Late assignments will be deducted by 25% per day and will not be accepted once solutions are posted.