

$$\begin{aligned}
v_{\text{av}} &= \frac{\Delta x}{\Delta t} & v &= \lim_{\Delta t \rightarrow 0} \frac{\Delta x}{\Delta t} = \frac{dx}{dt} & a_{\text{av}} &= \frac{\Delta v}{\Delta t} & a &= \frac{dv}{dt} = \frac{d^2x}{dt^2} \\
v &= v_0 + at & \Delta x &= x - x_0 = v_0t + \frac{1}{2} at^2 & v^2 &= v_0^2 + 2a \Delta x & a_c &= \frac{v^2}{r} \\
\vec{v} &= \lim_{\Delta t \rightarrow 0} \frac{\Delta \vec{r}}{\Delta t} = \frac{d\vec{r}}{dt} & \vec{a} &= \lim_{\Delta t \rightarrow 0} \frac{\Delta \vec{v}}{\Delta t} = \frac{d\vec{v}}{dt} & R &= \frac{v_0^2}{g} \sin 2\theta & \vec{F}_{\text{net}} &= m\vec{a} \\
\vec{w} &= m\vec{g} & f_s &\leq \mu_s F_n & f_k &= \mu_k F_n & F_x &= -\frac{dU}{dx} & F_x &= -k\Delta x \\
W &= F \cos\theta \Delta x = F_x \Delta x & W &= \int_{x_1}^{x_2} F_x dx & W &= \int_{s_1}^{s_2} \vec{F} \cdot d\vec{s} & K &= \frac{1}{2} mv^2 \\
\vec{A} \cdot \vec{B} &= AB \cos \phi & \vec{A} \cdot \vec{B} &= A_x B_x + A_y B_y + A_z B_z & U &= mgy & W &= \Delta K \\
U &= \frac{1}{2} kx^2 & K &= \frac{p^2}{2m} & W_{\text{nc}} &= \Delta(U + K) = \Delta E & P &= \frac{dW}{dt} = \vec{F} \cdot \vec{v} \\
M\vec{R}_{\text{cm}} &= \sum_i M_i \vec{r}_i & \vec{F}_{\text{net,ext}} &= M\vec{A}_{\text{cm}} & \vec{p} &= m\vec{v} & \vec{F}_{\text{net}} &= \frac{d\vec{p}}{dt} \\
\vec{P} &= \sum_i m_i \vec{v}_i = M\vec{V}_{\text{cm}} & \vec{I} &= \int_{t_i}^{t_f} \vec{F} dt = \Delta\vec{P} & \vec{F}_{\text{av}} &= \frac{1}{\Delta t} \int_{t_i}^{t_f} \vec{F} dt = \frac{\vec{I}}{\Delta t} \\
m \frac{dv}{dt} &= u_{\text{ex}} \left| \frac{dm}{dt} \right| + \vec{F}_{\text{ext}} & \omega &= \frac{d\theta}{dt} & \alpha &= \frac{d\omega}{dt} = \frac{d^2\theta}{dt^2} & v &= r\omega \\
a_t &= r\alpha & a_c &= \frac{v^2}{r} = r\omega^2 & \omega &= \omega_0 + \alpha t & \theta &= \theta_0 + \omega_0 t + \frac{1}{2} \alpha t^2 \\
\omega^2 &= \omega_0^2 + 2\alpha(\theta - \theta_0) & \tau_{\text{net}} &= I\alpha & I &= \sum m_i r_i^2 & K &= \frac{1}{2} I\omega^2 \\
P &= \tau\omega & L &= I\omega & \vec{A} \times \vec{B} &= (AB \sin \phi) \hat{n} & \vec{\tau} &= \vec{r} \times \vec{F} & \vec{L} &= \vec{r} \times \vec{p} \\
\rho &= M/V & g &= 9.81 \frac{m}{s^2}
\end{aligned}$$

Moments of Inertia

Thin spherical shell about diameter:  $I = \frac{2}{3} M R^2$

Solid sphere about diameter:  $I = \frac{2}{5} M R^2$

Solid cylinder about axis:  $I = \frac{1}{2} M R^2$

Cylindrical shell about axis:  $I = M R^2$

Thin rod about perpendicular line through center:  $I = \frac{1}{12} M L^2$

Thin rod about perpendicular line through end:  $I = \frac{1}{3} M L^2$