

CHAPTER OVERVIEW

34: Center of Mass

The center of mass of a body or collection of bodies is the mean position of the mass. Usually the center of mass is the same as the center of gravity, which is the balance point of a body. For example, imagine supporting a rod or sheet of material at the point where it is perfectly balanced; this will be the body's center of mass.

The center of mass may be defined for a collection of discrete masses, or for a continuous body; it may also be defined in one, two, or three dimensions.

[34.1: Discrete Masses](#)

[34.2: Continuous Bodies](#)

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