

8.4.1: Potential Energy- Gravity and Springs

We've seen how energy can exist because of the movement of an object. As it turns out, energy can also exist within an object because it has the potential to have some sort of movement. There are multiple examples of this, but for now we will look at two: gravity and springs. Later in this chapter we will revisit the idea of energy and other ways in which we might categorize it.

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