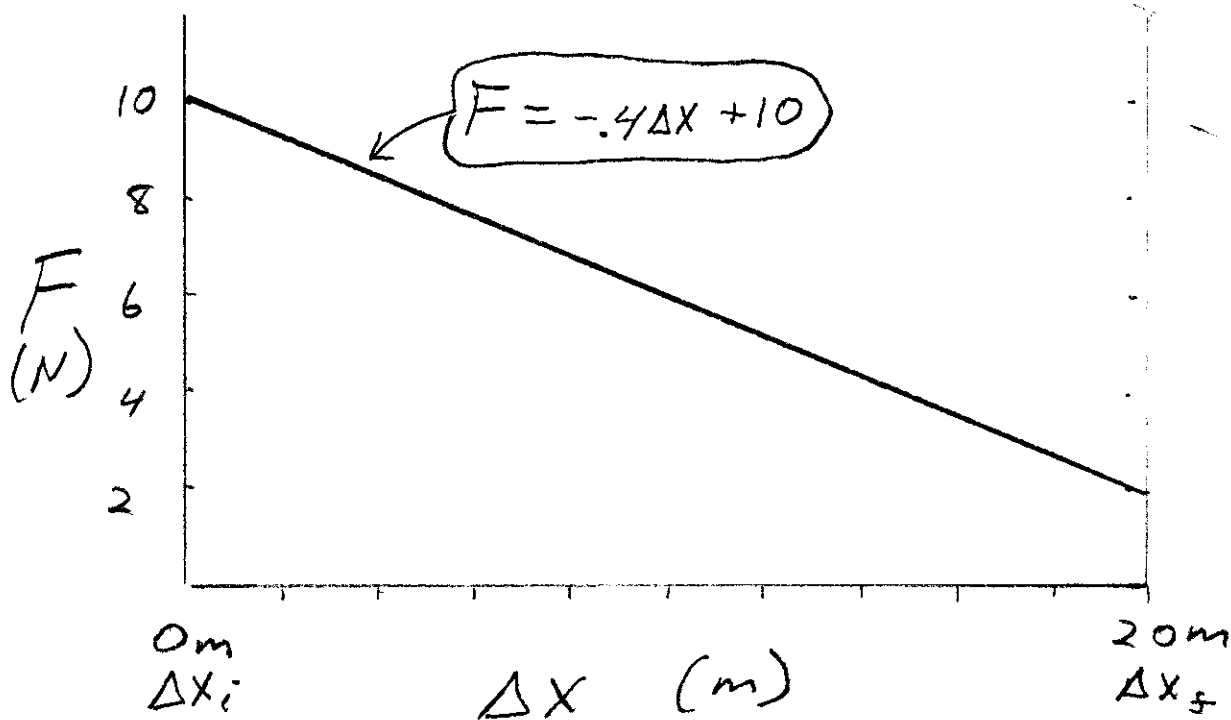


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Work = Area under a curve



$$W = \int dW$$

$$= \int_{\Delta X=0}^{\Delta X=20} F d\Delta X$$

$$W = \int_{\Delta X=0}^{\Delta X=20} S(\Delta X) d\Delta X \quad \text{let } \Delta X = s$$

$$= \int_0^{20} (-.4s + 10) ds$$

$$= \int_0^{20} -.4s ds + \int_0^{20} 10 ds$$

$$= -\frac{.4s^2}{2} + 10s \Big|_0^{20}$$

$$= \left(-\frac{.4(20)^2}{2} + 10(20) \right) - \left(\frac{.4(0)^2}{2} + 10(0) \right)$$

$$= -80 + 200 - 0$$

$$W = 120 \text{ Joules}$$