Work Done by a Constant Force: When a body moves a distance d along a straight line as a result of being acted on by a force of constant magnitude F in the direction of motion, we calculate the work W done by the force on the body with the formula: Work = Force $\mathbf{x}$ Distance. $\quad \mathbf{W}=\mathbf{F d}$

Different kind of forces such as push, pull, lift...but it's also about weight (Weight = mass x gravity $\rightarrow \mathrm{F}=\mathrm{mg}$ )
Note: Gravity $=9.8 \mathrm{~m} /$ second square $=32 \mathrm{ft} /$ second square .
Note: If you jack up the side of a 2000 lb car 1.25 ft to change a tire ( you have to apply a constant vertical force about 1000 lb ), you will perform $1000(1.25)=1250 \mathrm{ft} \mathrm{lb}$ of work on the car. In SI units, you have applied a force of 4448 N through a distance of 0.381 m to do $4448(0.381)=1695 \mathrm{~J}$ of work.

Ex: How much work is done in lifting a 3 kg book off the floor to put it on a desk that is 0.8 m high? $\mathrm{F}=3(9.8) \rightarrow \mathrm{W}=\mathrm{Fd}=3(9.8)(.8)=23.52 \mathrm{~kg}(\mathrm{~m}) / \mathrm{sec}^{2}=23.52 \mathrm{~N}$.

Ex: How much work is done in lifting a 3 lb book off the floor to put it on the desk that is 0.8 ft high? $\mathrm{W}=\mathrm{Fd}=3(.8)=3.2 \mathrm{ft}-\mathrm{lb}$. (Mention that as long as the unit in pound it's already taken the gravity into consideration)

So far we have dealt with a constant force, such as gravity, what happens if the force change is changing. i.e. force is a function depend on other factors, for example, pulling a robe to the top of a building. Imagine a robe is hanging over the edge from the top of a building, how much work we need to pull up the robe. Obviously, the more we pull up the robe, the less weight the robe is, i.e. the force that gravity exert on the robe is depending on how much we already pulled up.

Let force be a function $\mathrm{f}(\mathrm{x})$. Then the work $W \approx f(x) \Delta x=\sum_{i=1}^{n} f\left(x_{i}\right) \Delta x$

$$
W=\lim _{n \rightarrow \infty} \sum_{i=1}^{n} f\left(x_{i}\right) \Delta x=\int_{a}^{b} f(x) d x
$$

Ex: How much work is required to pull a $500-\mathrm{ft}$ - cable that weight 250 lb and it attach to a $1,500-\mathrm{lb}$ - elevator.

Spring:

Ex: A force of 40 N is required to hold a spring that has been stretched from its natural length of 10 cm to a length of 15 cm . How much work is done in stretching the spring from 15 cm to 18 cm ?

Ex: If the work required to stretch a spring 1 ft beyond its natural length is $12 \mathrm{ft}-\mathrm{lb}$, how much work is needed to stretch it 9 in. beyond its natural length?

## Water:

Ex: Find the work to pump out the water:

Ex: Suppose that it took 20 years to construct the great pyramid of Khufu at Gizeh, Egypt. This pyramid is 500ft high and has a square base with edge length 750 ft . Suppose also that the pyramid is made of rock with density $\rho=120 \mathrm{lb} / \mathrm{ft}^{3}$. Finally, suppose that each laborer did $160 \mathrm{ft} \mathrm{lb} / \mathrm{h}$ of work in lifting rock from ground level to their final position in the pyramid and worked 12 hours daily for 330 days/yr. How many laborers would have been required to construct the pyramid?
Sol: $\quad \frac{s}{750}=\frac{500-y}{500} \Rightarrow s=\frac{3}{2}(500-y)$
The cross sectional area at the height y is $A(y)=\frac{9}{4}(500-y)^{2}$
The volume of the one single slice is $V(y)=\frac{9}{4}(500-y)^{2} d y$
Therefore the work for one single slice would be $120(y) \frac{9}{4}(500-y)^{2}=270\left(250,000 y-1000 y^{2}+y^{3}\right) d y$
Total work is $W=\int_{0}^{500} 270\left(250,000 y-1000 y^{2}+y^{3}\right) d y \approx 1.406 \times 10^{12} f t \cdot l b$
Because each laborer does $(160)(12)(330)(20) \approx 1.267 \times 10^{7} f t \cdot l b$ of work, the construction of the pyramid would under our assumptions, have required $\frac{1.406 \times 10^{12}}{1.267 \times 10^{7}} \approx 111,000$ laborers.

## Section 6.5 Average Value of a Function

Ex: Find the average value of the following function over a given interval.
a) $\quad f(x)=\frac{3}{2 x+1} ;[1,2]$
b) $\quad f(x)=\frac{5 x}{x^{5}-7} ;[0,2]$

The Mean Value Theorem for Integrals: If f is continuous on $[\mathrm{a}, \mathrm{b}]$, then there exists a number $\mathrm{c}[\mathrm{a}, \mathrm{b}]$ such that

$$
\int_{a}^{b} f(x) d x=f(c)(b-a)
$$

Ex: Find the average value of $f(x)=4-x$ on $[0,3]$ and where f actually takes on this value at some point in the given domain.

