

## Energy

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## Conservation of Energy

- Energy is neither created nor destroyed. It is only transformed from one form into another.

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## Types of Energy

- Kinetic
  - Energy of motion (if it moves it has kinetic energy)
- Gravitational Potential
  - Energy of position (height with respect to earth)
- Heat
  - Energy of molecules in motion
- Sound
  - Disturbance of a medium

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