

Physics formulas from Mechanics, Waves, Optics, Heat and Thermodynamics, Electricity and Magnetism and Modern Physics. Also includes the value of Physical Constants. Helps in quick revision for CBSE, NEET, JEE Mains, and Advanced.

### 0.1: Physical Constants

Speed of light	$c$	$3 \times 10^8$ m/s
Planck constant	$h$	$6.63 \times 10^{-34}$ J s
	$hc$	1242 eV-nm
Gravitation constant	$G$	$6.67 \times 10^{-11}$ m <sup>3</sup> kg <sup>-1</sup> s <sup>-2</sup>
Boltzmann's constant	$k$	$1.38 \times 10^{-23}$ J/K
Molar gas constant	$R$	8.314 J/(mol K)
Avogadro's number	$N_A$	$6.023 \times 10^{23}$ mol <sup>-1</sup>
Charge of electron	$e$	$1.602 \times 10^{-19}$ C
Permeability of vacuum	$\mu_0$	$4\pi \times 10^{-7}$ N/A <sup>2</sup>
Permittivity of vacuum	$\epsilon_0$	$8.85 \times 10^{-12}$ F/m
Coulomb constant	$\frac{1}{4\pi\epsilon_0}$	$9 \times 10^9$ N m <sup>2</sup> /C <sup>2</sup>
Faraday constant	$F$	96485 C/mol
Mass of electron	$m_e$	$9.1 \times 10^{-31}$ kg
Mass of proton	$m_p$	$1.6726 \times 10^{-27}$ kg
Mass of neutron	$m_n$	$1.6749 \times 10^{-27}$ kg
Atomic mass unit	$u$	$1.66 \times 10^{-27}$ kg
Atomic mass unit	$u$	931.49 MeV/c <sup>2</sup>
Stefan-Boltzmann constant	$\sigma$	$5.67 \times 10^{-8}$ W/(m <sup>2</sup> K <sup>4</sup> )
Rydberg constant	$R_\infty$	$1.097 \times 10^7$ m <sup>-1</sup>
Bohr magneton	$\mu_B$	$9.27 \times 10^{-24}$ J/T
Bohr radius	$a_0$	$0.529 \times 10^{-10}$ m
Standard atmosphere	atm	$1.01325 \times 10^5$ Pa
Wien displacement constant	$b$	$2.9 \times 10^{-3}$ m K

## 1 MECHANICS

### 1.1: Vectors

Notation:  $\vec{a} = a_x \hat{i} + a_y \hat{j} + a_z \hat{k}$

Magnitude:  $a = |\vec{a}| = \sqrt{a_x^2 + a_y^2 + a_z^2}$

Dot product:  $\vec{a} \cdot \vec{b} = a_x b_x + a_y b_y + a_z b_z = ab \cos \theta$

Cross product:



$$\vec{a} \times \vec{b} = (a_y b_z - a_z b_y) \hat{i} + (a_z b_x - a_x b_z) \hat{j} + (a_x b_y - a_y b_x) \hat{k}$$

$$|\vec{a} \times \vec{b}| = ab \sin \theta$$

### 1.2: Kinematics

Average and Instantaneous Vel. and Accel.:

$$\vec{v}_{av} = \Delta \vec{r} / \Delta t,$$

$$\vec{v}_{inst} = d\vec{r}/dt$$

$$\vec{a}_{av} = \Delta \vec{v} / \Delta t$$

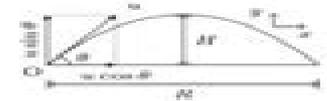
$$\vec{a}_{inst} = d\vec{v}/dt$$

Motion in a straight line with constant  $a$ :

$$v = u + at, \quad s = ut + \frac{1}{2}at^2, \quad v^2 - u^2 = 2as$$

Relative Velocity:  $\vec{v}_{A/D} = \vec{v}_A - \vec{v}_D$

Projectile Motion:



$$x = ut \cos \theta, \quad y = ut \sin \theta - \frac{1}{2}gt^2$$

$$y = x \tan \theta - \frac{g}{2u^2 \cos^2 \theta} x^2$$

$$T = \frac{2u \sin \theta}{g}, \quad R = \frac{u^2 \sin 2\theta}{g}, \quad H = \frac{u^2 \sin^2 \theta}{2g}$$

### 1.3: Newton's Laws and Friction

Linear momentum:  $\vec{p} = m\vec{v}$

Newton's first law: inertial frame.

Newton's second law:  $\vec{F} = \frac{d\vec{p}}{dt}$ ,  $\vec{F} = m\vec{a}$

Newton's third law:  $\vec{F}_{AB} = -\vec{F}_{BA}$

Frictional force:  $f_{static, max} = \mu_s N$ ,  $f_{kinetic} = \mu_k N$

Banking angle:  $\frac{v^2}{rg} = \tan \theta$ ,  $\frac{v^2}{rg} = \frac{\mu + \tan \theta}{1 - \mu \tan \theta}$

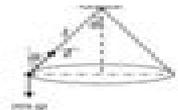
Centripetal force:  $F_c = \frac{mv^2}{r}$ ,  $a_c = \frac{v^2}{r}$

Pseudo force:  $F_{pseudo} = -m\vec{a}_0$ ,  $F_{centrifugal} = -\frac{mv^2}{r}$

Minimum speed to complete vertical circle:

$$v_{min, bottom} = \sqrt{5gl}, \quad v_{min, top} = \sqrt{gl}$$

Conical pendulum:  $T = 2\pi \sqrt{\frac{l \cos \theta}{g}}$



### 1.4: Work, Power and Energy

Work:  $W = \vec{F} \cdot \vec{S} = FS \cos \theta$ ,  $W = \int \vec{F} \cdot d\vec{S}$

Kinetic energy:  $K = \frac{1}{2}mv^2 = \frac{p^2}{2m}$

Potential energy:  $F = -\partial U / \partial x$  for conservative forces.

$$U_{gravitational} = mgh, \quad U_{spring} = \frac{1}{2}kx^2$$

Work done by conservative forces is path independent and depends only on initial and final points:  $\oint \vec{F}_{conservative} \cdot d\vec{r} = 0$ .

Work-energy theorem:  $W = \Delta K$

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**Rachel Sandford**



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web l un des points clés de l entraînement fonctionnel au cours de la phase initiale est la notion de progression les bienfaits de l entraînement fonctionnel pour la vie quotidienne si vous entraînez votre corps dans son intégralité en faisant des exercices fonctionnels vous obtiendrez les bienfaits suivants

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web le functional training ou entraînement fonctionnel en français est une forme d entraînement visant à améliorer la qualité des mouvements et à prévenir les blessures à l aide d exercices complexes il implique des mouvements où plusieurs muscles doivent interagir entre eux

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web chaque séance d entraînement fonctionnel est chargée d éléments dynamiques comme monter et descendre en steps ou sur des box des sauts à la corde ou des lancés de sac des surfaces instables des exercices avec le poids corporel tels que des squats des ciseaux ou des push ups des mouvements unilatéraux des tractions à la corde des

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web oct 4 2021 comme son nom l indique l entraînement fonctionnel vise le bon fonctionnement de tous les muscles du corps les exercices effectués dans cette pratique visent à préparer le corps à effectuer toutes les activités quotidiennes

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web un programme d entraînement fonctionnel implique souvent de travailler au poids du corps ou d utiliser des haltères ou encore des kettlebells il peut donc facilement être réalisé à la maison 4 l entraînement fonctionnel améliore la mobilité et la coordination

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*le functional training une méthode d entrainement globale* - Jun 13 2023

web sans accessoires l entraînement va consister par exemple à enchaîner une série de flexions type fentes accompagnées de mouvements de bras puis des exercices de gainage dynamique et enfin un mouvement complet tel que des burpees l intensité des exercices permet de travailler réellement l aspect cardio parallèlement au renforcement