

# Download Study Guide Forces And Motion

Forces Come in Pairs. In another lesson, we learned about force, which is a push or pull resulting from an interaction between objects. Because a force has both magnitude and direction, it is a ...Friction is the force that opposes the motion of an object. Learn about the sources of friction, identify examples of friction and test your knowledge with quiz questions. 2015-05-19physics. Want to know why and how matter and energy behave the way they do? From the structure of atoms to the properties of heat, light, and sound, we explain physics in plain English.6 NASM-CPT Study Guide Functional Biomechanics Fundamentals of Biomechanics  
Biomechanics—science concerned with internal and external forces acting on the body. Force—influence applied by one object to another, accelerates or decelerates the second object. Torque—a force that produces rotation. The closer the load to the point of rotation, the