

44. We use SI units so $m = 0.030$ kg and $d = 0.12$ m.

- (a) Since there is no change in height (and we assume no changes in elastic potential energy), then $\Delta U = 0$ and we have

$$\Delta E_{\text{mech}} = \Delta K = -\frac{1}{2}mv_0^2 = -3.8 \times 10^3 \text{ J}$$

where $v_0 = 500$ m/s and the final speed is zero.

- (b) By Eq. 8-31 (with $W = 0$) we have $\Delta E_{\text{th}} = 3.8 \times 10^3$ J, which implies

$$f = \frac{\Delta E_{\text{th}}}{d} = 3.1 \times 10^4 \text{ N}$$

using Eq. 8-29 with f_k replaced by f (effectively generalizing that equation to include a greater variety of dissipative forces than just those obeying Eq. 6-2).