

QUICK REVIEW

Quick Review: Motion in One Dimension

Refresh the essential algebraic model for one-dimensional kinematics in a few minutes.

 TIME 5–10 minutes	 BEST FOR A rapid refresh	 FINISH WITH Key ideas refreshed
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After this quick review, you'll be able to...

quickly recall the essential constant-acceleration model, choose the right equation, and decide whether you are ready to continue.

HOW TO USE THIS GUIDE

Work through the four stages in order. Write directly in the spaces provided, check your work in the Quick Answers section, and finish by choosing the next resource that matches your confidence.

Choose how you want to review: work through this guide, follow the online review, or watch the video review.

Start the Review Online →

Watch the Video Review →

YOU WILL NEED

Pencil or pen • Calculator if needed • Approximately 5–10 minutes

FR-02 • UNIT ALIGNMENT

Unit Alignment

This bundle is aligned to the approved Physics Sensei unit specification below. Use it to recover the unit structure, reinforce key decisions, and confirm readiness for the next study task.

ARCHITECTURE: Physics Sensei Independent Mechanics UNIT: MEC-U02 — Motion in One Dimension SCOPE: Unit Review PHYSICS LEVEL: Algebra-Based	BEST USED ✓ Before homework on one-dimensional kinematics ✓ Before a quiz or exam ✓ When signs, graphs, or constant-acceleration problems feel uncertain
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Review Prerequisites →

Physics Sensei is an independent educational resource. This review is independently authored and organized under the approved Physics Sensei mechanics architecture.

FR-03 • YOUR REVIEW PLAN

Your Review Plan

Complete these four stages to quickly refresh the essential ideas and confirm you're ready to continue.

4 stages • Approximately 5–10 minutes

1 Quick Recall — page 4 Refresh what you already know.	2 Essential Idea — page 5 Review the most important concept.
3 Confidence Check — page 6 Confirm you're ready to move on.	4 Next Step — page 8 Continue your learning.

PRINTING TIP

For student copies, print double-sided and keep the Quick Answers section after the student activities so learners attempt each activity before checking their work.

FR-04 • STAGE 1 OF 4

Quick Recall

Let's quickly refresh what you already know. This short recall activity will bring the most important ideas back to mind before you review them.

QUICK RECALL

Recall Activity 1

Use displacement—not distance—to calculate average velocity.

A runner moves from $x = 5.0$ m to $x = -7.0$ m in 4.0 s. Find the runner's average velocity.

Ready to refresh the essentials?

Great! Now review the most important idea you'll want to remember.

Continue to Essential Idea — page 5 →

FR-05 • STAGE 2 OF 4

Essential Idea

Take one last look at the most important concept from this unit. If you remember this idea, the rest will come back much more easily.

ESSENTIAL IDEA

Constant acceleration gives a compact kinematics toolkit

When acceleration is constant, velocity changes linearly with time and position changes quadratically. Select the equation that contains the known quantities and the single unknown you need.

$$\Sigma F_x = 0 \quad \cdot \quad \Sigma F_y = 0 \quad \cdot \quad \Sigma \tau = 0$$

EXAMPLE $v = v_0 + at$; $\Delta x = v_0 t + \frac{1}{2}at^2$; $v^2 = v_0^2 + 2a\Delta x$; $\Delta x = \frac{1}{2}(v_0 + v)t$. Example: $v_0 = 5 \text{ m/s}$, $a = 2 \text{ m/s}^2$, $t = 4 \text{ s}$ gives $v = 13 \text{ m/s}$ and $\Delta x = 36 \text{ m}$.

SENSEI NOTE These shortcut equations require constant acceleration over the interval. If the motion changes stages, reset the initial conditions for each stage.

Ready to check your memory?

You've refreshed the essential idea. Now see how much you remember before moving on.

[Continue to Confidence Check — page 6 →](#)

FR-06 • STAGE 3 OF 4

Confidence Check

You've refreshed the essential idea. Now answer this quick confidence check to confirm you're ready to move on.

CONFIDENCE CHECK

Choose the equation that removes time

Identify the equation containing v , v_0 , a , and Δx but not t .

An object has $v_0 = 4.0 \text{ m/s}$, $a = 3.0 \text{ m/s}^2$, and $\Delta x = 10 \text{ m}$. Which constant-acceleration equation finds the final velocity without first finding time?

Ready for your next step?

Great work! You've refreshed the essential idea. Now choose the resource that best matches what you'd like to do next.

Continue to Next Step — page 8 →

QUICK ANSWERS • CHECK AFTER ATTEMPTING

Quick Answers and Explanations

Use these concise answers to check your recall and confidence—not only your final response.

QUICK RECALL**Recall Activity 1**

−3.0 m/s.

WHY IT WORKS $\Delta x = x_f - x_i = -7.0 - 5.0 = -12.0$ m. Then $v_{\text{avg}} = \Delta x / \Delta t = -12.0 / 4.0 = -3.0$ m/s.

CONFIDENCE CHECK**CONFIDENCE CHECK****Choose the equation that removes time**

$$v^2 = v_0^2 + 2a\Delta x.$$

WHY IT WORKS It contains the desired final velocity and the given v_0 , a , and Δx , but no time.

READINESS GUIDE

1 correct: You're ready to continue. • 0 correct: Revisit the Essential Idea or choose more practice.

FR-07 • STAGE 4 OF 4

Next Step: Continue Learning

Great work! You've completed this quick review. Choose the next resource that best matches how confident you feel.

? I'm Still Unsure Review the essential idea again. Review again: return to Essential Idea on page 5.	🎯 I Need More Practice Continue with additional practice for this unit. Go to Practice →	✓ I'm Ready Continue to the next recommended resource. Continue →
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RECOMMENDED LINKS

Review again: return to Essential Idea on page 5.

Find additional practice →

Choose another type of physics help →

Continue reviewing with these companion resources.

Start the Review Online →

Watch the Video Review →

PHYSICS HELP THAT MAKES SENSE

A Physics Sensei review never ends at the last question. It always guides you toward the next useful step.

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