

QUICK REVIEW

Quick Review — Acceleration and Constant-Acceleration Motion — Algebra-Based

Refresh the most important ideas, formulas, and problem-solving strategies for Acceleration and Constant-Acceleration Motion in just 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 concepts, formulas, and problem-solving strategies needed to move forward with confidence.

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 • COURSE ALIGNMENT

Course Alignment

This Physics Sensei Topic Review is an independent learning resource. Use it to reinforce key concepts, prepare for homework, or review before a quiz or exam.

Related Unit Review: If you need to review the complete unit material, review [Motion in One Dimension here →](#)

RESOURCE: Physics Sensei Topic Review
TOPIC ID: MEC-U03-T02
TOPIC: Acceleration and Constant-Acceleration Motion
PARENT UNIT: MEC-U03 — Motion in One Dimension
COURSE LEVEL: Algebra-Based

BEST USED

- ✓ After learning the topic
- ✓ Before starting homework
- ✓ Before a quiz or exam

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 Refresh what you already know.	2 Essential Idea Review the most important concept.
3 Confidence Check Confirm you're ready to move on.	4 Next Step 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

Write the constant-acceleration equation that connects final velocity, initial velocity, acceleration, and elapsed time. Then identify the sign convention you would use for vertical motion.

Ready to refresh the essentials?

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

Review the Essential Idea →

FR-05 • STAGE 2 OF 4

Essential Idea

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

ESSENTIAL IDEA**Constant-Acceleration Kinematics**

With constant acceleration, the kinematic equations connect position, velocity, acceleration, and time. Start every problem by choosing a positive direction and listing known quantities with signs.

Use the equation that contains the unknown you need and avoids unnecessary variables.

$$v = v_0 + at$$

EXAMPLE A car at +5 m/s accelerates at +2 m/s² for 4 s, giving $v = +13$ m/s.

SENSEI NOTE Do not insert speed as a positive number automatically. Velocity and acceleration must carry signs consistent with your chosen axis.

Ready to check your memory?

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

Start the Confidence Check →

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

Stopping Time

Choose +x in the direction of the initial motion.

A runner has $v_0 = +8$ m/s and $a = -2$ m/s². How long until the runner momentarily stops?

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.

Choose Your Next Step →

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**

$v = v_0 + at$. For vertical motion, choose either up or down as positive and keep that choice throughout; if up is positive, gravitational acceleration is negative near Earth's surface.

WHY IT WORKS A single sign convention lets the algebra encode direction consistently.

CONFIDENCE CHECK**CONFIDENCE CHECK****Stopping Time**

Set $v = 0$: $0 = 8 - 2t$, so $t = 4$ s.

WHY IT WORKS At the stopping instant the velocity is zero, while acceleration can remain nonzero.

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 →	🎯 I Need More Practice Continue with additional practice for this topic. Go to Practice →	✓ I'm Ready Continue to the next recommended resource. Continue →
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RECOMMENDED LINKS

[Review this topic again →](#)

[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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