

QUICK REVIEW

Quick Review — Acceleration and Constant-Acceleration Motion — Foundational

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
--	---	--

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: Foundational

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

A car is moving to the right and slowing down. What direction is its acceleration? Explain using the change in velocity.

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**Acceleration Describes How Velocity Changes**

Acceleration tells you how quickly velocity changes. It can change the speed, the direction of motion, or both.

For one-dimensional motion, choose a positive direction first. If velocity and acceleration have the same sign, the object speeds up; if their signs are opposite, it slows down.

$$a = \Delta v / \Delta t$$

EXAMPLE If velocity changes from +2 m/s to +8 m/s in 3 s, the average acceleration is +2 m/s².

SENSEI NOTE Do not use “positive acceleration” to mean “speeding up.” The signs of both velocity and acceleration determine whether speed increases.

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

Signs of Motion

Use the sign of velocity and acceleration.

An object has $v = -6 \text{ m/s}$ and $a = +2 \text{ m/s}^2$. Is it speeding up or slowing down at that instant?

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**

The acceleration points to the left (negative) if right is chosen as positive. The car's positive velocity is becoming smaller, so the change in velocity is negative.

WHY IT WORKS Acceleration points in the direction of the velocity change. A positive rightward velocity that decreases has a negative change in velocity.

CONFIDENCE CHECK**CONFIDENCE CHECK****Signs of Motion**

It is slowing down. Velocity is negative while acceleration is positive, so the acceleration opposes the motion.

WHY IT WORKS Opposite signs for velocity and acceleration mean the magnitude of velocity is decreasing.

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 →
--	---	---

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.

PhysicsSensei.com