

FOCUSED REVIEW

Focused Review: Uniform Circular Motion — Foundational

Review the most important ideas, reinforce the essential skills, and confirm you're ready to move on.

 TIME 15–20 minutes	 BEST FOR Focused review	 FINISH WITH Greater confidence
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After this focused review, you'll be able to...

recognize the key concepts, reinforce your problem-solving skills, and continue with greater confidence.

HOW TO USE THIS GUIDE

Work through the stages in order. Write directly in the spaces provided, check your work in the Solutions 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 15–20 minutes

FR-02 • TOPIC ALIGNMENT

Topic Alignment

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

TEXTBOOK: Independent Physics Sensei Unit Review CHAPTER: Mechanics • MEC-U16 TOPIC: Uniform Circular Motion COURSE LEVEL: Foundational	BEST USED ✓ After learning the unit ✓ Before starting homework ✓ Before a quiz or exam
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Review Prerequisites →

Physics Sensei is an independent educational resource designed to complement independently authored Physics Sensei materials. Physics Sensei content is independently authored and organized under the approved topic architecture.

FR-03 • YOUR REVIEW PLAN

Your Review Plan

Complete these six focused stages in order. Each stage reinforces your understanding and prepares you for a final confidence check.

6 stages • Approximately 15–20 minutes

1 Warm-Up Check — page 4 Refresh key ideas.	2 Core Concepts — page 6 Reinforce the essentials.	3 Guided Practice — page 7 Strengthen key skills.
4 Confidence Check — page 8 Confirm your understanding.	5 Summary — page 10 Remember the essentials.	6 Next Step — page 14 Choose your next step.

PRINTING TIP

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

FR-04 • STAGE 1 OF 6

Warm-Up Check

Before you begin, take a minute to reactivate what you already know. This quick warm-up will help you focus on the most important ideas before moving on.

WARM-UP 1**Key Ideas**

Recall the tangent-versus-inward rule.

A car moves at constant speed around a circle. Is its velocity constant?

WARM-UP 2**Common Mistakes**

Check the inward-acceleration model.

Where does acceleration point?

FR-04 • WARM-UP CHECK CONTINUED

WARM-UP 3

Quick Application

Identify the force model.

Is centripetal force a new physical force?

Ready to strengthen your understanding?

You've refreshed the most important ideas. Now reinforce the concepts you'll use most often.

Continue to Core Concepts — page 6 →

FR-05 • STAGE 2 OF 6

Core Concepts

Let's reinforce the most important concepts you'll need to solve problems with confidence. Focus on the ideas that appear most often in homework, quizzes, and exams.

KEY CONCEPT 1**Circular relationships and inward acceleration**

Uniform circular motion has constant speed but changing velocity. Velocity is tangent; acceleration is inward.

velocity → tangent; acceleration → inward.

EXAMPLE At the top of the circle, velocity is tangent while acceleration points toward the center.

SENSEI NOTE Constant speed does not mean zero acceleration; acceleration responds to changes in the full velocity vector, including direction.

KEY CONCEPT 2**Radial force modeling**

An inward net force is required. Tension, friction, gravity, or a normal-force component can supply it.

net force → inward.

EXAMPLE Static friction can turn a car on a flat road.

SENSEI NOTE "Centripetal" describes the net inward requirement; it does not identify a separate interaction.

Ready to apply these ideas?

You've reinforced the essential concepts. Now strengthen your problem-solving skills by working through a few guided examples.

Continue to Guided Practice — page 7 →

FR-06 • STAGE 3 OF 6

Guided Practice

Now apply the key concepts you've just reviewed. Work through these focused practice activities to reinforce your problem-solving skills before the final confidence check.

PRACTICE 1**Guided Example**

Connect the circular-motion quantities and check direction.

A point moves around a circle at steady speed. Does it accelerate?

PRACTICE 2**Independent Check**

Draw actual forces, then apply the radial equation.

A car rounds a flat curve without slipping. Which force turns it?

Ready for a confidence check?

You've reinforced the essential skills through focused practice. Now confirm your understanding with two short questions.

Continue to Confidence Check — page 8 →

FR-07 • STAGE 4 OF 6

Confidence Check

You've reinforced the key concepts and practiced the essential skills. Now confirm you're ready to move forward by completing these short confidence checks.

CONFIDENCE CHECK 1**Direction and scaling readiness check**

Answer from memory.

Velocity direction? Acceleration direction?

CONFIDENCE CHECK 2**Force-model readiness check**

Identify the real force and avoid double counting.

A mass moves in a circle on a string. What real force can point inward?

HOW DID IT GO?

I answered ____ of 2 questions correctly.

Use the Solutions section to check your reasoning, then take one final look at the essential ideas.

You've confirmed your understanding.

Take one final look at the essential ideas before choosing your next step.

Continue to Summary — page 10 →

FR-08 • STAGE 5 OF 6

Summary

Before moving on, take one final look at the essential ideas you'll want to remember.

KEY TAKEAWAY 1**Tangent velocity, inward acceleration**

Use period/frequency to find angular and linear speed, then recognize that the velocity is tangent and $a_c = v^2/r = \omega^2 r$ points inward.

KEY TAKEAWAY 2**Real forces create the inward net force**

Draw the free-body diagram first. Tension, friction, gravity, or normal-force components—not a new centripetal interaction—must satisfy the radial equation.

MY ONE-SENTENCE SUMMARY

In my own words, the most important idea is:

Ready for your next step?

You've reviewed the essential ideas one last time. Now choose the resource that best matches how confident you feel.

Continue to Next Step — page 14 →

ANSWER KEY • CHECK AFTER ATTEMPTING

Solutions and Explanations

Use these solutions to check your reasoning—not only your final answer.

WARM-UP • ACTIVITY 1

Key Ideas

No.

WHY IT WORKS Velocity is tangent to the circular path and changes direction continuously.

WARM-UP • ACTIVITY 2

Common Mistakes

Toward the center.

WHY IT WORKS Centripetal acceleration is radial inward; its magnitude can be written v^2/r or $\omega^2 r$.

WARM-UP • ACTIVITY 3

Quick Application

No.

WHY IT WORKS Real interactions combine to produce the required inward net force.

SOLUTIONS • GUIDED PRACTICE**PRACTICE 1****Guided Example**

Yes, inward.

WHY IT WORKS The linear-speed and angular-speed descriptions must give the same inward acceleration.

PRACTICE 2**Independent Check**

Static friction.

WHY IT WORKS Static friction is the physical interaction that can satisfy the inward net-force requirement.

SOLUTIONS • CONFIDENCE CHECK**CONFIDENCE CHECK 1****Direction and scaling readiness check**

Velocity tangent; acceleration inward.

WHY IT WORKS Direction and scaling should be recognized before any multi-step circular-motion calculation.

CONFIDENCE CHECK 2**Force-model readiness check**

Tension.

WHY IT WORKS The actual interactions already present in the free-body diagram must produce the inward net force.

READINESS GUIDE

2 correct: You're ready to continue. • 1 correct: Review the missed idea, then continue. • 0 correct: Revisit Core Concepts or choose more practice.

FR-09 • STAGE 6 OF 6

Next Step: Continue Learning

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

? I'm Still Unsure Review the focused review again to strengthen the essential concepts. Review again: return to Warm-Up Check on page 4.	🕒 I Need More Practice Build confidence with additional practice problems. Go to Practice →	✓ I'm Ready Continue to the next topic or learning resource. Continue →
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RECOMMENDED LINKS

Review again: return to Warm-Up Check on page 4.

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