

## 24.1 What Is Energy? – Outline

### I. The Nature of Energy

#### a. Transferring Energy

### II. Energy of Motion

#### a. Kinetic Energy and Speed

#### b. Kinetic Energy and Mass

### III. Energy of Position

### IV. Forms of Energy

#### a. Thermal Energy

#### b. Chemical Energy

#### c. Light Energy

#### d. Electrical Energy

#### e. Nuclear Energy