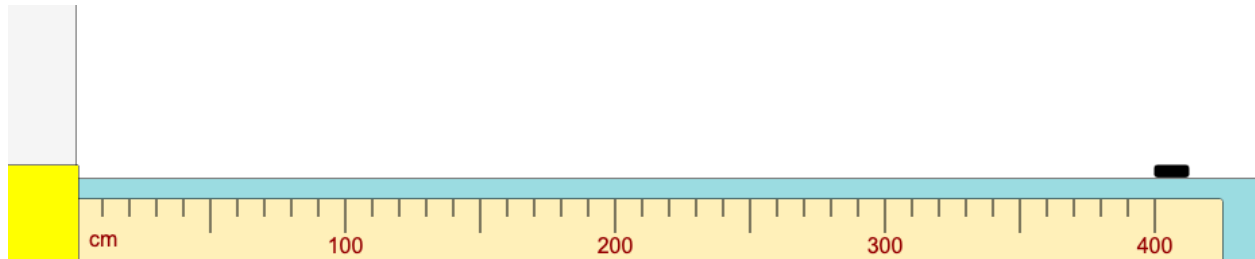# Impulse From Boards

Step 1: Below is a picture of a hockey puck about to be shot towards the boards. Show the position of the markings you will be using to get distance and time. Also show the mass of the puck and the Δx between the markings

Step 2: Use the time it takes to move from marking to marking to get the velocity of the puck moving towards the boards and then the velocity moving away from the boards. Show your work neatly and make sure to make velocities negative when the puck is moving to the left.

Step 3: Using your two velocities, find the change in momentum of the puck when in contact with the boards. This will also be the impulse imparted to the puck by the boards.

Step 4: Use your impulse and the time of contact between the puck and the boards to get the force on the puck from the boards. Enter your answers into your program to check that you did everything properly