**Data**

M= 143 g

D=7.5 cm

Video is shot at 30 000 fps (frames per second )

**Problems**

What is the change in momentum of the baseball?

What is the impulse imparted to the baseball?

What is the average force exerted on the baseball?

**Data to get from video**

0. scale

1. final velocity of the ball

2. time of collision

**Calculations**

**Discussion**

What real world situations is the concept of impulse most useful? With your group and the whiteboards write down (or draw pictures of ) the situations that would be most relevent to your students.