Forms of Energy

All forms of energy fall under two categories:
Potential or Kinetic

Potential - Stored Energy and the Energy of Position

CHEMICAL ENERGY is the energy stored in the bonds of atoms and molecules. Gasoline and food are examples.

NUCLEAR ENERGY is the energy stored in the nucleus of an atom, used to hold atoms together. A plutonium atom is an example.

ELASTIC ENERGY is energy stored in objects by the application of a force. Compressed springs and stretched rubber bands are examples.

GRAVITATIONAL POTENTIAL ENERGY is the energy of place or position. A child at the top of a slide is an example.

Kinetic Energy - motion of objects and waves

RADIANT ENERGY is electromagnetic energy that travels in transverse waves. Light and x-rays are examples.

THERMAL ENERGY or HEAT is the internal energy in objects - the vibration or movement of atoms and molecules in substances. Heat from a fire is an example.

MOTION or MECHANICAL ENERGY is the movement of an object from one place to another. Wind and running water are examples.

SOUND is the movement of energy through substances in longitudinal waves. Echoes and music are examples.

ELECTRICAL ENERGY is the movement of electrons. Lightning and electricity are examples.