

# **Speed - Velocity - Acceleration**

<b><u>Speed</u></b>	The rate at which an object changes position (m/s)
<b><u>Velocity</u></b>	Same as speed but INCLUDES direction of the motion.
<b><u>Acceleration</u></b>	The rate at which velocity CHANGES: 1. Speeding Up = POSITIVE Acceleration 2. Slowing down = NEGATIVE Acceleration 3. Changing Directions