

Speed - Velocity - Acceleration

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