

Biophysics

First lecture

Energy around us

Second stage

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1-Energy around us

Energy:- it is the ability to do work.

There are many different forms of energy, including:

Heat

Light

Motion

Electrical

Chemical

Gravitational

nuclear

❖ **Thermal (Heat) Energy**

Thermal energy is created from the vibration of atoms and molecules within substances. The faster they move, the more energy they possess and the hotter they become. Thermal energy is also called heat energy. The molecules and atoms that make up matter are moving all the time. When a substance heats up, the rise in temperature makes these particles move faster and bump into each other.