



75 là 1 * 7 + 37 ; 8 ÆNH

ĐỀ CƯƠNG HỌC KỲ I

1 0 +EC 2019-2020

MÔN: V ỘT LÝ - KH Ô: 10

Ôn t ậ ki ấ th íc các chmrg:

+ Chmrg I: Ýg hñ chW G.L

+ Chmrg II: Ýg l ấ hñ chW G.L

+ Chmrg III: Cãn bng và chuyQ Ýg cã v ấ r ấ.

A. LÝ THUY Ậ

I. KI Ậ TH ì & & j ấ:

I.1. Chmrg I: ỪNG H ẾC CH " 7 Æ

1. &KX\ÇQ ýÝQJ Fk &iFK [iF ýĩQK Yĩ .WUt F ẽD Y±W WURQJ NK{
2. .KiL QL ẾP Y Ậ FKX\ÇQ Fj ýFQJ{ QVK VQKí F Ậ SKWK Ộ F Ậ WUQ Q K ý Ý Q J W ý Ậ X
3. .KiL QL ẾP Y Ậ FKX\ÇQ ýÝQJ WK·QJ EL Ậ Q ý Ậ L, F Ậ FX F Ậ QKD QVK í SKmkQJ WUuQK Yj ý x WKĩ
4. .KiL QL ẾP Y Ậ V Ộ FUYKLE Ộ F Ộ FG Ộ JF Ộ VKUM Ộ L W Ộ GR
5. .KiL QL ẾP Y Ậ F Ậ Y Ậ QJ Ậ WU Ậ Q Ộ F ý Ý G Ậ L W Ộ F ý Ý JyF FkX Nu FkX\ÇQ ýÝQJ WUzQ ý Ậ X
6. .L Ậ Q WKíF Y Ậ .F Ậ Y Ậ QJ Y Ậ Q W Ộ F

I.2. &KmkQJ ỪNG L Ộ CH ẾC CH " 7 Æ

1. 3KiW ELÇX ýĩQK QJK-D O ộ F FK~ ẽ QrX ýmçF O ộ F Oj ý ộ L Om
2. 1rX TX\ W ³ F W Ộ QW t Ộ F KS O ộ F FSKKQ
3. 3KiW ELÇX ýL Ậ X NL Ế Q FkQ EµQJ F ẽD FK Ộ W ýLÇP Gm ộ L WiF FkQ EµQJ
4. 3KiW ELÇX ýL Ậ X NL Ế Q FkQ EµQJ F ẽD FK Ộ W ýLÇP Gm ộ L WiF FkQ EµQJ
- 1rX ý ộ F ýLÇP PS F Ộ F F Ộ Q F EY Ộ Q SK ộ Q O ộ F
5. .KiL QL ẾP Y Ậ m Ộ Xi Q XW Ộ QW t Ộ QK ý ộ L OmçQJ ý ộ F WU. ộ R FkRG ộ Y Ậ TXiQ WtQK
6. 3KiW ELÇX ýĩQK OX±W Y ộ Q Y ộ W K Ộ S G Ộ Q YL Ậ W K Ế WKíF F ộ K Ộ S Ộ Q JL ộ D Ộ KDL WYE Ộ QJ WKíF [iF ýĩQK JLD W Ộ F UKL W ộ GR F ộ JLD W Ộ F UKL W ộ GR F ẽD P Ộ W Y ộ W ấ P ộ W ý ộ W
7. .KiL QL ẾP J ộ Q ý ộ QJ WU ộ QJ O ộ F .KiL QL ẾP WU ộ QJ OmçQJ WU ộ QJ OmçQJ F ộ NK Ộ L OmçQJ P
8. 3KiW ELÇX ýL Ậ X NL Ế Q FkQ EµQJ F ẽD Y ộ W U ³ Q FK Ộ X WiF G ộ QJ F ộ D
9. 9L Ậ W ELÇX ýL Ậ X NL Ế Q FkQ EµQJ F ẽD Y ộ W U ³ Q FK Ộ X WiF G ộ QJ F ộ D
10. 1rX ý ộ F ýLÇP Y Ậ YHFWR O ộ F Km ộ QJ WkP WiF G ộ QJ OrQ Y ộ WkP Fy SK ộ L Oj OR ộ L O ộ F Fk K ộ F QjR NK{QJ"

I.3. Chmrg III: C Ậ N B Ậ NG V Ậ CHUY Ậ ỪNG C Ậ V Ộ TR ² N

1. 3KiW ELÇX NL Ế Q FkQ EµQJ F ẽD Y ộ W U ³ Q FK Ộ X WiF G ộ QJ F ộ D
2. 3KiW ELÇX TX\ W ³ F [iF ýĩQK OçS O ộ F F ẽD KDL O ộ F VRQJ VR

3. 1rX ÿmçF WUÑQJ WkP FëD PÝW Y±W Oj Ju"

4. 3KiW ELÇX ÿİQK QJK-D YLĂW FçQ Jy WKİFİ WRQK{ P{HRHQ ðø ð F

5. 1rX ÿLĂX NLËQ FkQ EµQJ FëD Y±W U³Q Fy WUéF TXD\ FÕ ÿİQ

6. 1rX ÿLĂX NLËQ FkQ EµQJ FëD PÝW Y±W Fy P»W FkKQ ÿĂ 1
SKLĂP ÿİQK FëD Y±W Fy P»W FkKQ ÿĂ

II. K ú 1 1* 9°ND ÆNG:

II.1. Ch mrg I: ÜNG H ÆC CH" 7 Æ

1. ;iF ÿİQK ÿmçF Yİ WUt FëD. Y±W WURQJ NK{QJ JLDQ

2. 3KkQ ELËW ÿmçF FiF OR¥L FKX\ÇQ ÿÝQJ Yj ÿ»F ÿLÇP FëD W

3. 9Á ÿmçF ÿxQW WÖF JLD WÖF WÑD ÿÝ FëD FKX\ÇQ ÿÝQJ WK.

4. 7i ÿx WKİ QrX KçW FFDQK K\ÇQ ÿP QWÖY ÿ¥L WÖWÖF WKİ

5. 9±Q GéQJ FiF F{QJ WKİF ÿÇ JLŞL FiF Ejl W±S WmkQJ íQJ

II.2. &KmkQJ ÜNG L ôCH ÆC CH" 7 Æ

1. 9±Q GéQJ ED ÿİQK OX±W 1LXWRQ Yj FiF OøF Fk KÑF

- *LŞL WKtFK Yu VDRP FWXYG W ÿÝQJ WK.QJ ÿĂX WK.QJ ELĂQ

- *LŞL ÿmçF Ejl WRiQ PÝW Y±W FKX\ÇQ ÿhÿÿG J Wm Q Qj m S Q US W
OøF KÑF

- ;iF ÿİQK Yj ELÇX GLÉQ FiF YHFWR OøF WiF GéQJ OrQ Y±W

-Bà WRiQ FkQ EµQJ FëD PÝW FK©W ÿLÇP

2. 9±Q GéQJ PÖL TXDQ KË JLóD NKÖL OmçQJ Yj PíF TXiQ WtC
J»S

3. 9±Q GéQJ ÿİQK FçQ WkíF WtQK OøF K©S G-Q F{QJ WKíF W
W±S ÿkQ JLŞQ

4.XáF ÿİQK ÿmçF OøF KmßQJ WkP Yj JLŞL Ejl W±S YĂ FKX\ÇQ
KR»F KDL OøF WiF GéQJ

5. *LŞL ÿmçF Ejl WRiQ QpP Y±W WKHR SKmkQJ QJDQJ WURQJ

6. ;iF ÿİQK ÿmçF KË VÖ PD ViW WUmçW EF PJD WKW QWKR ÆB FİXYK

II.3. Ch mrg III: CÂN B 'NG VÀ CHUY Æ ÜNG C êAV °TR²N

1. 9±Q GéQJ ÿLĂX NLËQ F«Q Yj TX\ W³F WÜQJ KçS OøF ÿÇ JLŞ
GéQJ FëD ED OøF ÿxQJ TX\

2. 9±Q GéQJ ÿmçF TX\ W³F [JES ÿİQK KEjS W±S WÖL YßL Y±W FK
VRQJ VRQJ F•QJ FKLĂX

3. 9±Q GéQJ TX\ W³F PRPHQ OøF ÿÇ JLŞL FiF Ejl WRiQ YĂ ÿLĂ
ÿİQK NKL FKİX WiF GéQJ FëD KDL OøF

4. ;iF ÿİQK ÿmçF WUÑQJ WkP FëD Fk©W±EµQK.WKt QJKLËP

III. CHÚ Ý: % Ó QÝLQ FçQ «Q JLŞP WŞL

B. BÀI T °P

I. SGK: Làm toàn bÝ bài t p c ä các bài trong ch mrg I, II, III (Tr sbài t p 9 trang 11, bài t p 12
trang 34, bài t p 9 trang 58, câu hW3 + bài t p 5 trang 78, bài t p 8 trang 79; câu hW3 + bài t p 4
trang 82, bài t p 7 trang 83; câu hW4 trang 114, bài t p 10 trang 115).

II. SBT: Làm các bài t p thu Ý n Ý dung trong ch mrg I, II, III.

C. M ÛT S ÔBÀI T °P MINH H ÆA

I. Ch mrg I: ÜNG H ÆC CH" 7 Æ

Câu 1. 0ÝW W{ FKX\ÇQ ÿÝQJ Wi \$ ÿĂQ % 0ÝW Qñ DPWK á P ÝW DQñ D
JLDQ FzQ O¥L Y±Q WÖF tQW {Y©Q WÖF WUXQJ EuQK FëD { W{ V

Câu 2. ;H FKX\ÇQ ÿÝQJ QKDQK G«Q ÿĂX Wi WŞ ¥Q J LWY K mç F µ P P i R V
V 7tQK WKáL JLDQ [H ÿL KĂW TXmQJ ÿmáQJ P FXÖL F•QJ"

Câu3. 0ÝW QJmáL ã V kQ JD QKuQ WK@ \ yRjQ WjX FKX\ÇQ EiQK @ \ WURQJ V 7tQK WKáL JLDQ WRD WKí TXD WUmßF P»W C

Câu4. 0ÝW [H FKX\ÇQ yÝQJ QKDQK G«Q yÁX Yj yL KDL O«Q yR» OmçW WURQJ V Yj V 7tQK JLD WÖF FëD [H"

Câu5. 0ÝW YLrQ EL ymçF WK§ O Q NK{QJ PD ViW WURQ P»W QJ WURQ yR»Q yti máQ ± MVy «+XÓL WKáL JLDQ YLrQ EL O Q WURQ yR» Oj EDR QKLrX" %LĂW UµQJ YLrQ EL FKX\ÇQ yÝQJ WK·QJ QKD

Câu6. 0ÝW Y±W UKL Wı yÝ FDR K %LĂW WURQJ JLP\ FXÖK F·K JLDQF UDLY@W J9,8m/s².

Câu7. 0ÝW FKLĂF WjX FKX\ÇQ yÝQJ NPkkQJ» SÁXÝWß ij PÖÖRXYÖQ yÝQJ QJmçF FKLĂ NPY KL WÖÖ YÉRRQJ WjX Fy PÝW QJmáL yL EY 5 NP K +ÓL QJmáL TXDWK@ mßFOP»QV PuQK WURQJ EDR OkX"

Câu8. %LĂW WÖF yÝ FëD QmßF V{QJ yÖL YBL Eá Oj P V 0ÝW SK~W Yj yL QJmçF GzKJ7WP %WÖÁ \$ÝPÖW WKX\ÁQ NKL QmßF

Câu9. 0ÝW FK@W yLÇP yiQJQFRXVÇS Ky·YQJQWß QJDQJ YBL Y±Q FKX\ÇQ yÝQJ QKDQK Gm/s yÁX P WÖF JYÖ WÖDF Y±W WDX NKL W C

Câu10. 0ÝW EiQK yj Fy EPQFKtQÇQ FKX\ÇQ yÝQV WXUZQyymÁXF WUYF 7tQK WÖF yj WÖFFyÝ GjL FëD PÝW yLÇP ã YjQK FëD EiQK yj"

Câu11. 0ÝW Y±W yDQJ FKX\ÇQ PýÝQW Kyß W Y±Q WÖFF FKX\ÇQ yÝQJ VDX NKL W QMKW ÖF± Q WÖmFs. FëD YL±W WÖF FëD Y±W" 7uP TXmC trong giây WKí NÇ Wı O?F Y±W W QJ WÖF

Câu12. 0ÝW yRjQ WjX KÓD yiQJ FKX\ÇQ yÝQJ YBL WÖF yÝ TXmQJ ymáQJ P 7tQK JLD WÖF em pñññ? WjX Yj WKáL JLDQ Wj

Câu13. 0ÝW { W{ yiQJ FKX\ÇQ yÝQJ YBL WÖF yjYQ NPP KK WÖUx Wy P 7uP JLD WÖF FëD [H Yj WKáL JLDQ W QJ WÖF yy"

Câu14. 0ÝW { W{ yiQJ FKX\ YBL WÖF yÝ P V WKu W QJ WÖF TXmQJ ymáQJ W QJ WÖF yy"

Câu15. 0ÝW { W{ WURQJ K jkmK. Trong 3KL WÖF Fy yÝBL WÖF yÝ NI WUXQJ EuQK FëD [H WURQ F§ yR»Q ymáQJ"

Câu16. 7tQK TXmQJ ymáQJ Y±W UKL Wö GR yL ymçF WURQJ Jlk\

Câu17. +DL Jlk\ FXÖL F·QJ WUmßF NKL FK»P yQWymPÁQW Y±W F FKLĂX FDR EDQ y«X FëD Y±W"

Câu18. 0ÝW [H FKX\ÇQ yÝQJ FK±P G«Q yÁX yL WURQ RDO «yR» WURQJ V Yj V 7tQK JLD WÖF FëD [H"

Câu19. 4X§ EyQJ WHQQLV ED\ y±S YjR WmáQY PYB yQW ÖE Fy ÝW Uã SKmkQJ FÊ YBL WÖF yÝ P V 7KáL JLDQ EyQJ WLĂS [-F YBL

Câu20. 0ÝW {W{ yiQJ FKX\ÇQ yÝQJ yÁX Kyß K mP ÖSK P QK FKX\ÇQ y sau 75P WKu WÖFPyÝ F; zñññ JLD WÖF FëD [H LLDQ yÇ [HP yLÇ ymçF Ö~F phan?

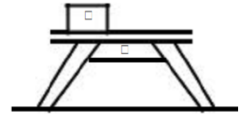
Câu21. 0ÝW yRjQ y FKX\ÇQ yÝQJ yÁX V BLKW ÖF QÝ WÖF FKX\ÇQ yÝ y»W WÖm/s sáú 10V ;iF yLÖKW ÖF Fñññ [H yÝ FëJDT[Xm QJ ymáQJ [H trong 20V NÇ Wı O~F [H W QJ WÖF"

Câu22. 0ÝW yRjQ WjX yiQJ FKX\ÇQ yÝQJ YBL WÖF yÝ NP K W G«Q yÁX YBL JLPj WÖF FXÖPLVGÖF WÖF yÝt QKDWKá lý »W DQ NjRj tUrQ vñññ K FKLĂX GjL FëD GÖF"

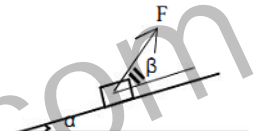
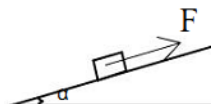
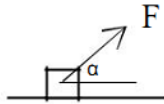
II. & KmkQ JÜNG L ôC H EC CH " 7 ÆM

Câu 1. & KR KDL OõF ÿxQJ TX\ YX{QJ JyFNyB 12NQ K B Xy İFQK ÿÿY OõF
KçS OõF KuQK ELÇX GLÉQ FiF YHFWR OõF"

Câu 2. %LÇX GLÉQ FiF OõFOWQF EG@ONKOr QÇYÿ
P»W EjQ QµP QJDQJ FiF OõF ÿÅX ÿ≠W YjR
FiF F»S OõF WUõF ÿÖL ÿkX Oj FiF F»S OõF



Câu 3. 1JmáL WD NpR PÝW Y±W WUmçW ÿÅX EµQJ PÝW OõF NpR
KuQK YÁ %LĂW NKÖL OmçQJ Y±W Oj Pµ JLND\ W ÖÇXWGLÑEQJ QW
WiF GéQJ OrQ Y±W 6R ViQK ÿÝ OõQ is OõF YBL WUÑQJ OmçQ



Câu 4. +DL KÑF VLQK \$ Yj % NpR FR WIKÖLJ OXQDVçG kG kG kE ÖN K{
Km\ JLŞL WKÑFK SŁUQK DQJ"

Câu 5. 0ÝW {W{ ÿDQJ FK≠\NpB K WÖF QÝmáL OIL [H KmP SKDQK
ÿmáQJP WKu GiQJ O≠L +ÓL QĂX Np{KF WKuYTBXmQÖ Fyñ YQ-F ÿKm
ÿĂQ NKL GiQJ O≠L QjV E DORö Q K Lm R "WURQJ KDL WUmáQJ KçS Eµ

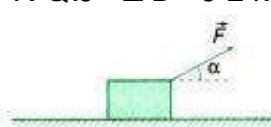
Câu 6. 0ÝW Y±W Fy NKÖL FÖKçQJ ÿÝQJ YÁ SKtP WU D BFK≠B LYjRÖY
KDL ÿDQJ ÿiQJ lrQ 6DX YD FK≠P Y±W WLYK QLK QÖ FFKçQY ÿVO
KDL FKX\ÇQ ÿYQF VBL ÖMÖNKyÖL OmçQJ FëD Y±W WKí KDL EµQ

Câu 7. 1JmáL WD ÿ-\ PÝW FKLĂF KÝS ÿÇ Wö±B, 5APQ VF KRD Q ynR Ý Vy -Y
FKX\ÇQ ÿÝQJ WUmçW WURQ VjQ QKj +Ë VÖ PD ViW LW KÝS Vy LJ
PÝWR≠Q ÿmáQJ EµQJ EDR Q?K LrX" /©\ J P V

Câu 8. 1JmáL WD ÿ-\ PÝW FiL WK•QJ BxK NKÖL QjDçQJ Y NpR ÝWK H
WK•QJ FKX\ÇQ ÿÝQJ WURQ P»W SK•QJ QJDQJ +Ë VÖ PD ViW
g = 9,8m/s². Tính giá WÖF FëD WK•QJ"

Câu 9. 0ÝW Y±W Fy NKÖL ND FçQJ ÿR X WUmçW WURQ VjQ WQ Qj F r Q
ngang F = 200 N +Ë VÖ PD ViW JL = 0,25 m. Tính giá WÖF FëD
FXÖL Gk? WKQ E ÿmáQJ Pj Y±W ÿL ÿmçQ WURQ P BVD JLk\ ÿ«X

Câu 10. 0ÝW Y±W Nj PKX\ÇQ ÿÝQJ WURQ Vj
GéQJ FëD OõF KçS YBL SKmkQJ FKKçQ
%LĂWVÖ PD ViW WUmçW JL = 0,3 m. Tính giá WÖF FëD
OõF ÿÇ



D 9±W FKX\ÇQ ÿÝQJ YBÉ. JLD WÖF EµQJ
E 9±W FKX\ÇQ ÿÝQJ WK²QJ ÿÅX /©\ J

Câu 11. BiA Fy NKÖL OmçQJ OõQ J©S ÿ{L EL % &•QJ PÝW O~F W
ÿmçF QpP WKHR SKmkQJ QJDQJ %ÖR TX Q KO WK FLS Q LFDÖD UNKL{ Fç
Câu 12. 7KŞ PÝW Y±W WUmçW NK{QJ Y±Q W ÖFçQ Qghienx = 30° ÿiQK
VR YBL SKmkQJ QJDQJ

D %LĂW KË VÖ PD ViW JLóD Y±W YBL P»W² SKtQK QjDçQJ Fç
E 1JmáL WD SKŞL W≠R UD KË VÖ PD ViW JLóD Y±W Yj P»W S
P»SK•QJ QJKLrQJ

Câu 13. 0ÝW YLrQ ÿ≠Q ÿmçF E³Q WKHR SKmkQJ QJDQJ V W i R Ý WP
ÿ©W 7ÖF ÿÝ FëD ÿ≠Q O~F P i V Q = 9,8m/s² % Ö ZQ DOj F FŞQ NK{QJ
≠Q ã WURQJ NpR; JFNy K i Q K D R « F ë D D ÿ K » Ukl [XÖQJ ÿ©W WKj
ÿiQJ FëD Y±Q WÖF FëD YLao Qghienx Fy ÿÝ OõQ EµQJ E

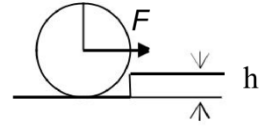
III. Ch m r g III : CÂN B ́NG VÀ CHUY Æ ỨNG C  A V  TR  N

Câu 1. 1 J m  L W D   - \ P  Y W E i Q K [H P F W E   Q N

P = 10001 E  L P  Y W K O   R S K m k Q J Q J D Q J Y j

E i Q K [H +  L O   F) F y J L i W U   W  L W K

T X D   m   F     c n F (D i m v   ?



Câu 2. 1 J m  L W D O j P W K   Q j R     W K   F K L   Q   m   F P   F Y   Q J Y

Y   W D X     Q       x E j   F   Q     W {   X D

---H  ---

Tuyensinh247.com