

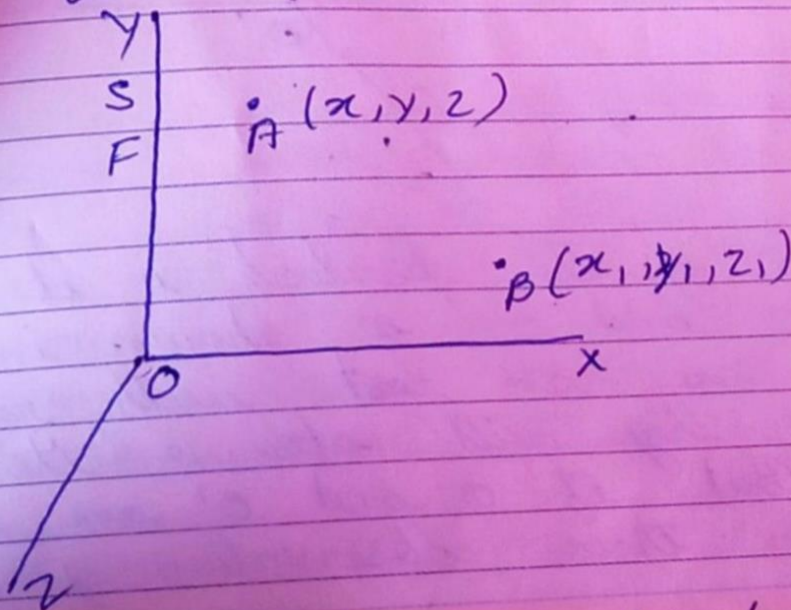
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Frame of Reference \rightarrow

An object, either at rest or in motion can be located with reference to some co-ordinate system called the frame of Reference.

* A frame of reference is any co-ordinate system. For example in cartesian co-ordinate system the frame S is denoted by x, y, z .

* If the co-ordinate (x, y, z) of all points of a body do not change with respect to time and frame of reference, the body is said to be at rest.



If the co-ordinates of a point of the body change with time and with respect to the frame of reference, the body is said to be in motion.