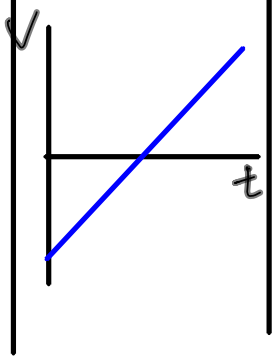
Acceleration and Velocity with arrows:

Acceleration tells us how much to change the velocity each second.

$-10\ m/s + 2\ m/s = -8\ m/s$

Therefore the velocity changes by 2 m/s each second.

Time	acceleration	acceleration arrow	Velocity arrow	Velocity
0	2 m/s/s	→	←	-10 m/s
1	2 m/s/s	→	←	-8 m/s
2	2 m/s/s	→	←	-6 m/s
3	2 m/s/s	→	←	-4 m/s
4	2 m/s/s	→	←	-2 m/s
5	2 m/s/s	→	.	0 m/s
6	2 m/s/s	→	→	2 m/s



The A-value represents 1/2 the acceleration of the ball-bearing. Therefore my acceleration was _____.

A value = $\frac{1}{2}$ acceleration

$2 \cdot 190 = \frac{1}{2} a \cdot 2$

$380 \frac{cm}{s} \frac{1}{s} = a$