

- 7 A mass is suspended from a vertical spring. The mass is pulled downwards causing the spring to extend further. The mass is held in this position and then released.

Which energy changes occur during the initial movement of the mass when the mass is released?

	gravitational potential energy store	kinetic energy store	elastic potential energy store
A	decreases	decreases	increases
B	decreases	increases	increases
C	increases	decreases	decreases
D	increases	increases	decreases