

Constant Velocity

$$\vec{V} = \frac{\Delta \vec{d}}{\Delta t} \quad \left(\text{speed: } V = \frac{\Delta d}{\Delta t} \right)$$

If the velocity is not constant, then you are looking at finding the average velocity:

$$\vec{V}_{\text{ave}} = \frac{\Delta \vec{d}}{\Delta t}$$

Constant Acceleration

$$\vec{a} = \frac{\Delta \vec{v}}{\Delta t}$$

if the acceleration is not constant:

$$\vec{a}_{\text{ave}} = \frac{\Delta \vec{v}}{\Delta t}$$

(Recall: $\Delta \vec{v} = \vec{v}_2 - \vec{v}_1$)

