40. The acceleration is constant, so we may use the equations in Table 2-1. We choose the direction of motion as $+x$ and note that the displacement is the same as the distance traveled, in this problem. We designate the force (assumed singular) along the x direction acting on the $m = 2.0$ kg object as F.

(a) With $v_0 = 0$, Eq. 2-11 leads to $a = v/t$. And Eq. 2-17 gives $\Delta x = \frac{1}{2}vt$ Newton's second law yields the force $F = ma$. Eq. 7-8, then, gives the work:

$$W = F\Delta x = m\left(\frac{v}{t}\right)\left(\frac{1}{2}vt\right) = \frac{1}{2}mv^2$$

as we expect from the work-kinetic energy theorem. With $v = 10$ m/s, this yields $W = 100$ J.

(b) Instantaneous power is defined in Eq. 7-48. With $t = 3.0$ s, we find

$$P = Fv = m\left(\frac{v}{t}\right)v = 67 \text{ W} .$$

(c) The velocity at $t' = 1.5$ s is $v' = at' = 5.0$ m/s. Thus,

$$P' = Fv' = 33 \text{ W} .$$