

53. To swim at constant velocity the swimmer must push back against the water with a force of 110 N. Relative to him the water is going at 0.22 m/s toward his rear, in the same direction as his force. Using Eq. 7-48, his power output is obtained:

$$P = \vec{F} \cdot \vec{v} = Fv = (110 \text{ N})(0.22 \text{ m/s}) = 24 \text{ W} .$$