2008 F=ma Exam: Problem 1

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Recall our kinematics equation,

$$v_f^2 = v_0^2 + 2ax$$

We have

$$a = \frac{v_f^2 - v_0^2}{2x} = \frac{(18 \,\mathrm{m/s})^2 - (10 \,\mathrm{m/s})^2}{2(40 \,\mathrm{m})} = 2.8 \,\mathrm{m/s^2}$$

so the answer is $\boxed{\mathrm{D}}$.