Getting Energy Straight

Force -- Newton -- Mass times Acceleration (F = MA)
Kilograms times Meters per Sec^2: (Kg x M) / S^2
1 newton = 10^5 dynes
1 pound-force ~= 4.5 newtons

Work -- Joule -- Force times Distance (W = FD)
(aka Energy) Newtons times Meters -- N x M: (Kg x M^2) / S^2
1 Joule = 10^7 ergs
.74 foot-pounds
6.25x10^18 electron volts
1 BTU = 1 Kilo-joule

Power -- Watt -- Work per Time (P = W/S)
Joules per Second -- J/S: (Kg x M^2) / S^3
1 HP = 550 ft-lb/s = 745.7 watts
1 Kw = 1.34 HP
1 BTU/hour = .29 watts

note:
Watt = volt x ampere
Volt = joule / columb
1 Columb -- amp-sec ~= 6.25 x 10^18 electron-second
Watt-seconds -- volt x columb
1 Joule = 1 Watt-second
1 KwHr = 3.6 Mega-joule

for extra credit:
Pressure -- Pascal -- Force per Area (P = F/A)
Newtons per Meter^2 -- N/M^2: Kg / (M x S^2)
1 pound/sqin (PSI) = 6.9 Kpascal
1 dyne/cm^2 = 10 Pascal(/M^2)

Or more sussicintly:

distance(d)					
time(t)					
mass(m)					
velocity(v)					= d/t
acceleration(A)				= v/t	= d/t^2
force (F)			= Am	= vm/t	= dm/t^2
work(W)		= Fd	= Amd	= vmd/t	= d^2m/t^2
power(P)	= W/t	= Fd/t	= Amd/t	= vmd/t^2	= d^2m/t^3

In the SI system, there are seven fundamental units:
kilogram -- mass
meter -- length
candela -- luminous intensity (weighted to eye), 1/683-watt / steradian
second -- time
ampere -- current flow, columb per second
kelvin -- temperature (energy?)
mole -- Avogadro's # elementary entities == 6.02214179 x 10^23