

What is g Force

What is the meaning of the term "g force"?

The term "g force" is misleading, because a "g" is really an acceleration and not a force. We explained this issue in more detail in a question on [how g's are measured](#). It was here that we explained how the effect of gravity exerts an acceleration on all objects that have mass. You and I feel this gravitational influence on our masses as weight. But even though objects have different weights, the acceleration due to Earth's gravitational attraction is the same for every object on our planet. This acceleration is a constant called "g".