3. Power is defined as the time rate of doing work so we have

$$
\begin{aligned}
& P=W / t \\
& P=420 \mathrm{~J} / 8.0 \mathrm{~s}=5.25 \mathrm{~J} / \mathrm{s} \\
& P=5.25 \mathrm{~W}
\end{aligned}
$$

