The International System of Units, internationally known by the abbreviation SI (from French Système international d'unités), is the modern form of the metric system and the world's most widely used system of measurement.

These units are commonly used in Mechanics:

Quantity	**Unit**	**Symbol**
Mass	kilograms	kg
Distance/Displacement	metres	m
Time	seconds	s
Speed/Velocity	Metres per second	ms^{-1}
Acceleration	Metres per second per second	ms^{-2}
Force/Weight	Newtons	N