New concept or principle: Impulse as area under an F vs. t graph

What does Impulse as area mean?

If you graph the force on an object as a function of the time during which the force acts, then the area under the curve will equal the impulse imparted on that object.

So, the "area under a F vs. t graph is equal to the impulse."

Area under curve = Impulse imparted by that force

Note: Area under the t axis counts as negative impulse.

