

No labs today

Please, login into webassing, locate
LectureMCQ_L18 (PY105)
and answer question 1
(**but ONLY Q1!**).

Please sign in using the sign-in sheets on
the bench.

Please, pick up **YOUR** exam,
Thank you



Good morning!



LectureMCQ_L18 Question 2 !

Please, asses your expectation regarding the exam

1. The Exam was much harder than I expected
2. The Exam was somewhat harder than I expected
3. The Exam was about as I expected
4. The Exam was somewhat easier than I expected
5. The Exam was much easier than I expected
6. The Exam was way too short.
7. When did we have it? Did I miss an exam?
8. I took PY211 exam by mistake, it was OK

Exam problems

Train yourself
in recognition!

Some helpful questions for solving physics problems. (page # 12)

1. What objects are involved? What processes are happening to them? (use your imagination - make a picture showing the objects and the processes they are involved into)
 2. What properties of the objects and the processes might be important?
 3. What physical quantities should be used for describing those properties, what connections might be important?
 5. What laws or definitions should be used to describe important connections mathematically?
 6. How can I solve my equations mathematically?
 8. Does it make a sense?
 9. Could I solve a similar problem again? How much time would it take?
- Who could help me (if I need it)?

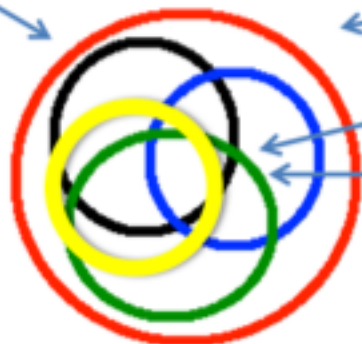
http://teachology.xyz/general_algorithm.htm

similar

Problems:

1. HW
2. Lectures
3. Units (IL)

Practice HW
Practice exams



New topics (do not read this slide)

SHM, stable equilibrium, restoring force, oscillations, small oscillations, Hooke's law, Newton's 2nd law for SHM, simple harmonic motion (SHM), SHM for horizontal spring, analogy between SHM and UCM, motion equation for SHM, S, V, A graphs for SHM, period, frequency, angular frequency, amplitude, elastic potential energy, energy graphs, conservation of energy, SHM for a vertical spring, a simple pendulum, SHM for a simple pendulum, a physical pendulum; fluids, density, pressure, pressure in a static fluid, atmospheric pressure, gauge pressure, absolute pressure, the Pascal's law, the buoyant force, Archimedes' principle, A static equilibrium for objects in liquid, solving buoyancy problems, fluid dynamics, an ideal fluid, streamline flow, an incompressible fluid, mass flow rate, volume flow rate, the continuity equation, the Bernoulli's equation, solving fluid dynamics problems.

HW3P1 recommended deadline = 6/22 11 pm

actual deadline = 6/28 11 pm

HW3P2 recommended deadline = 6/24 11 pm

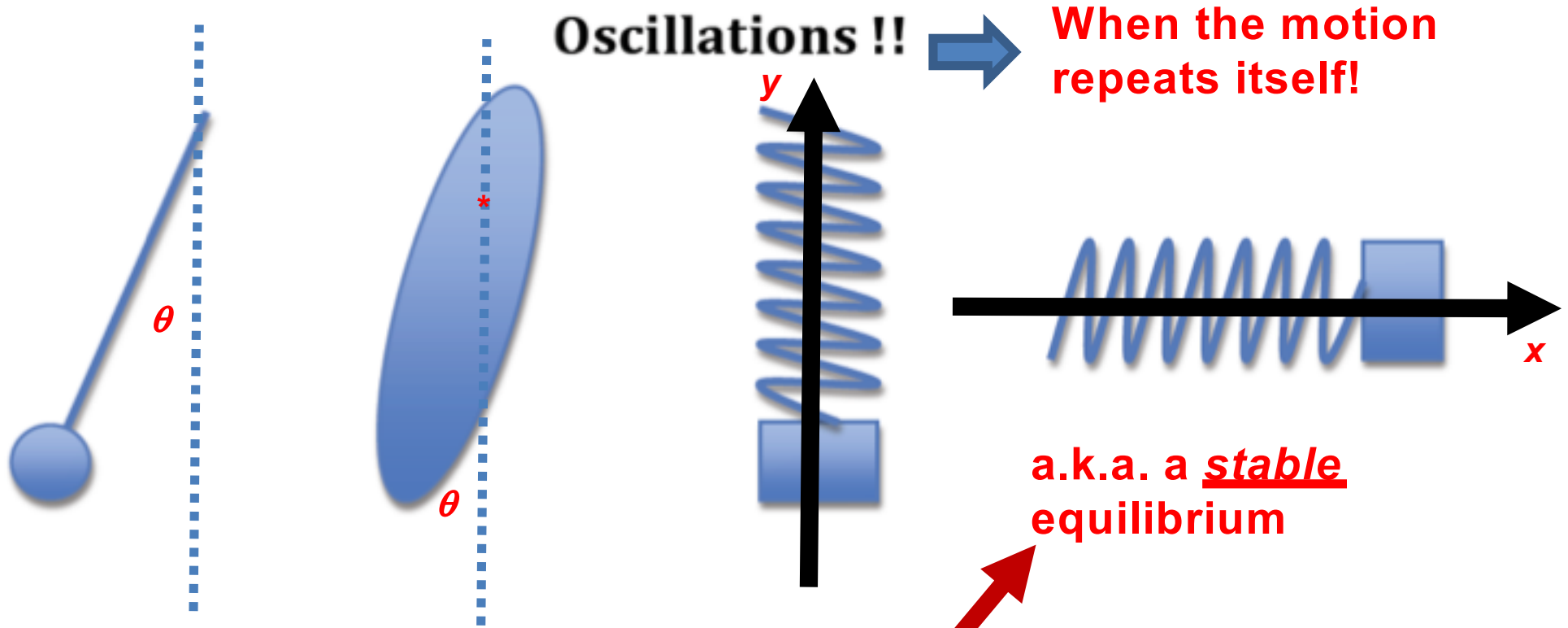
actual deadline = 6/28 11 pm

HW3P3 recommended deadline = 6/26 11 pm

actual deadline = 6/28 11 pm

HW3P4 recommended deadline = 6/27 11 pm

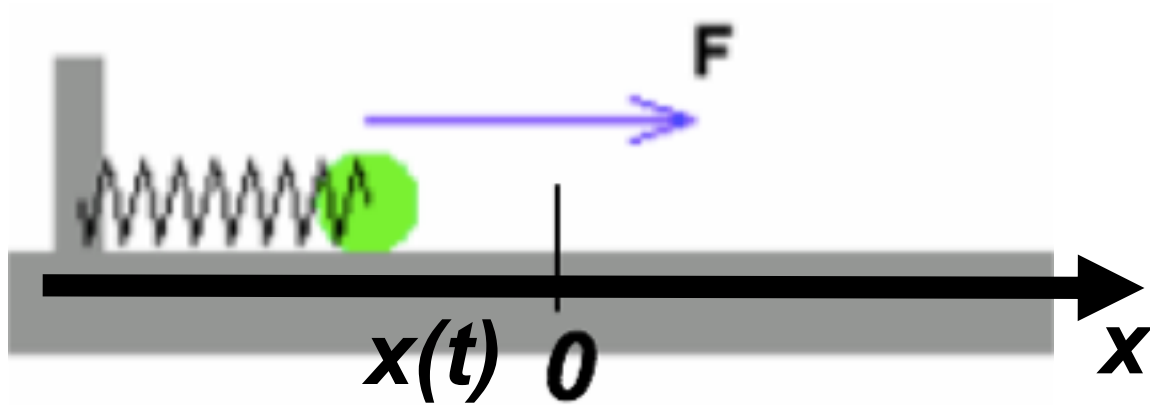
actual deadline = 6/28 11 pm



Always choose the origin at the equilibrium position !!!!

Restoring force always points at the equilibrium position !!!!

Dynamics of SHM



Hooke's law;
setting the origin
at the equilibrium

N2L

$$m a_x = F_x$$

$$F_x = -kx$$

$$m a_x = -kx$$

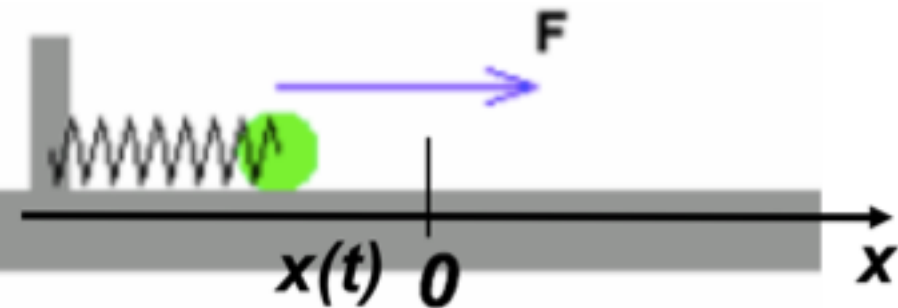
$$a_x = -\frac{k}{m} x$$

$$\frac{k}{m} = \omega^2$$

$$a_x = -\omega^2 x$$

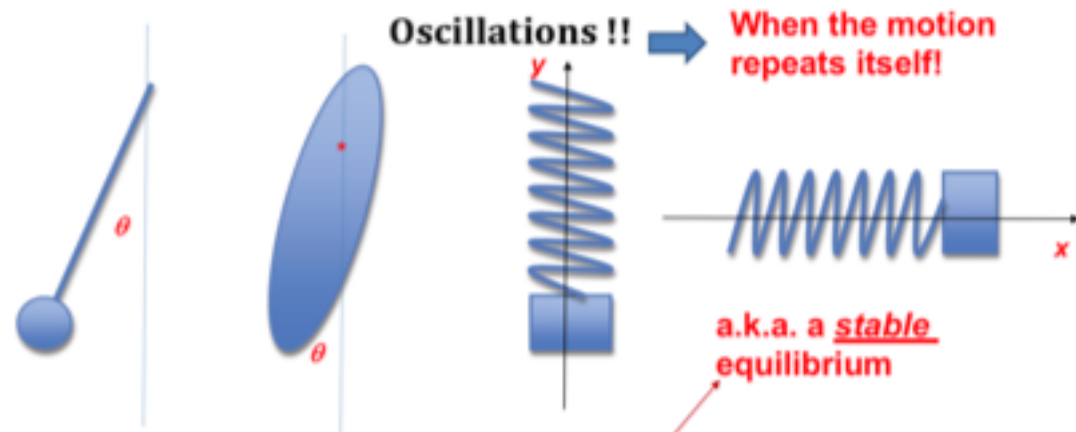
$$\frac{a_x}{x} = -\omega^2$$

Dynamics of SHM



**For an object on
a spring**

$$\frac{k}{m} = \omega^2$$



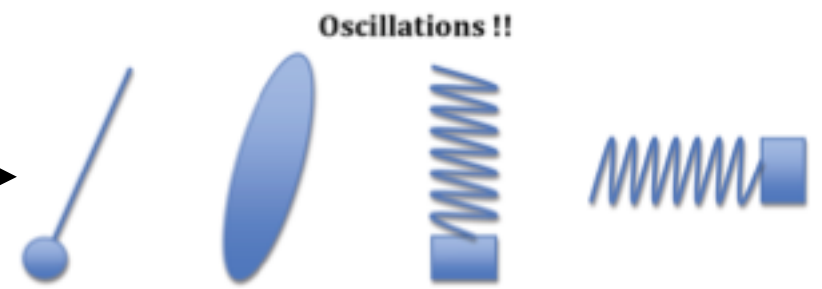
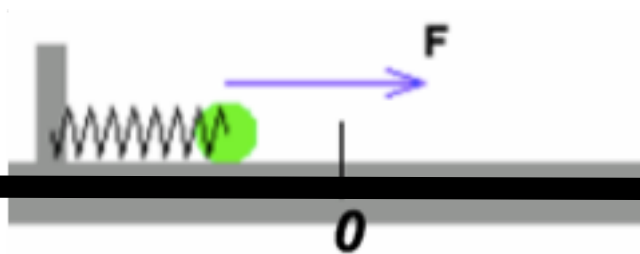
Always choose the origin at the equilibrium position !!!!

Restoring force always points at the equilibrium position !!!!

For ANY SHM

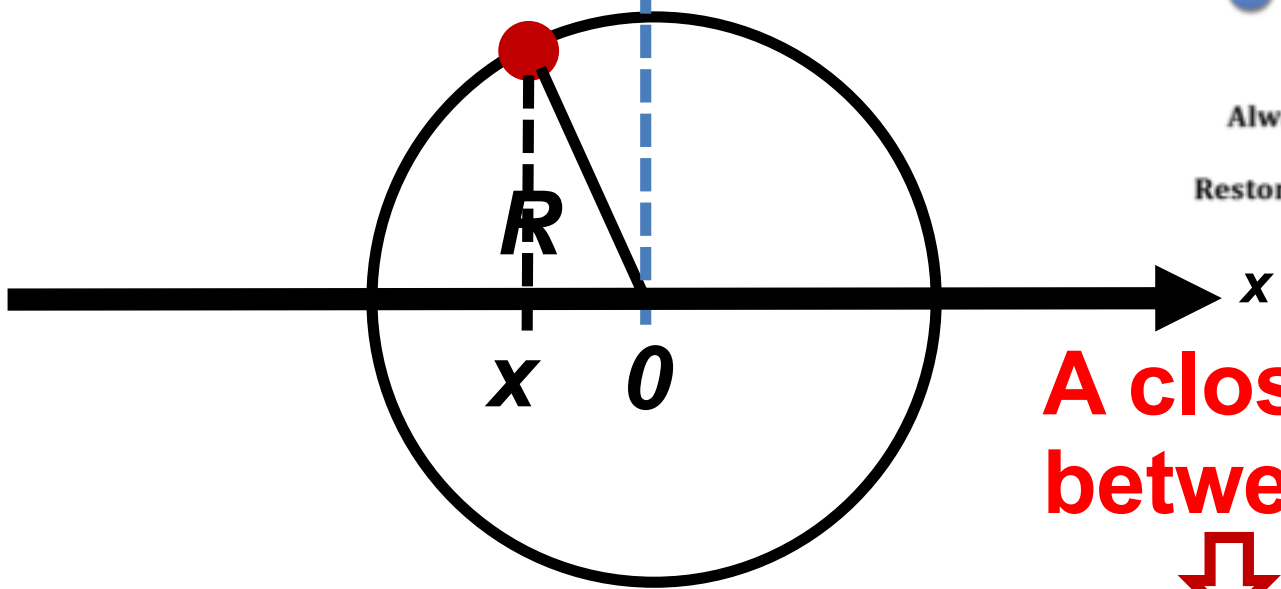
$$a_x = -\omega^2 x$$

Simple Harmonic Motion v. Rotational Motion



Always choose the origin at the equilibrium position !!!!

Restoring force always points at the equilibrium position !!!!

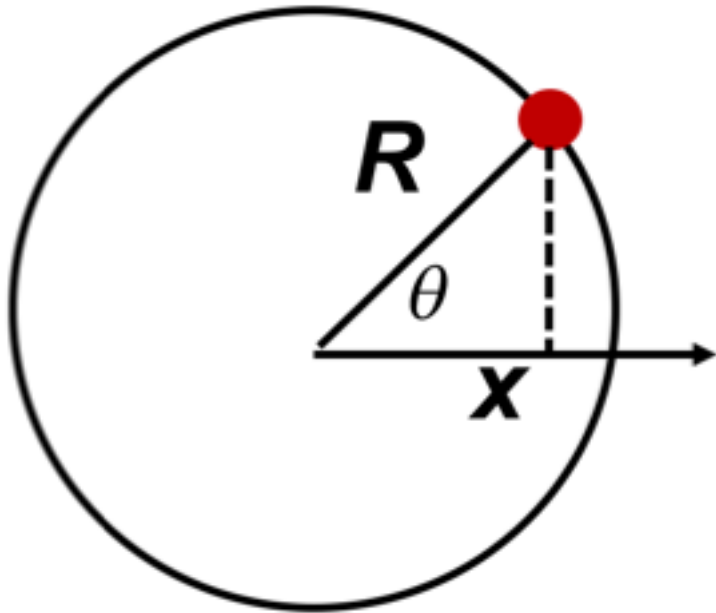


**A close analogy
between SHM and RM:**



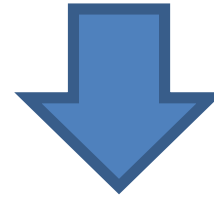
the same x - coordinate!

SHM v. Rotational Motion



1. $x = R \cdot \cos \theta$

2. $\theta = \theta_0 + \omega t$



SHM equation

$$x = R \cdot \cos(\theta_0 + \omega t)$$

SHM v. Rotational Motion

For rotational motion

$$R = A$$

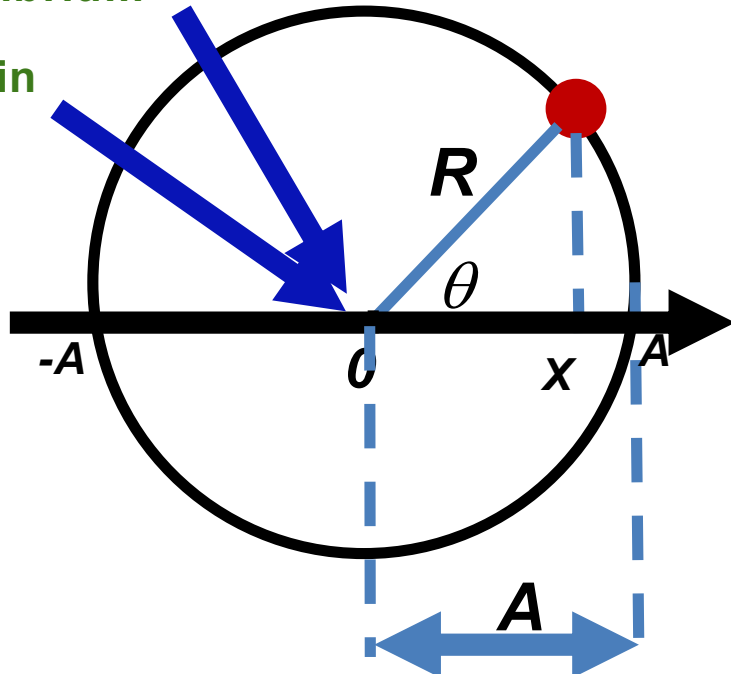
For oscillations

$$\omega = \text{const}$$

$$\theta = \theta_0 + \omega t$$

equilibrium

origin



$$\omega = \frac{2\pi}{T} = 2\pi f$$

Circular motion

SHM

$$X = R \cos(\theta) = A \cos(\omega t + \theta_0)$$

“Our” motion equation

The blast from the ...trigonometry

$$\cos(35^\circ) = \underline{0.819}$$

$$-\cos(35^\circ + \underline{180}) = \underline{0.819}$$

$$\sin(35^\circ + \underline{90}) = \underline{0.819}$$

The blast from the ...trigonometry

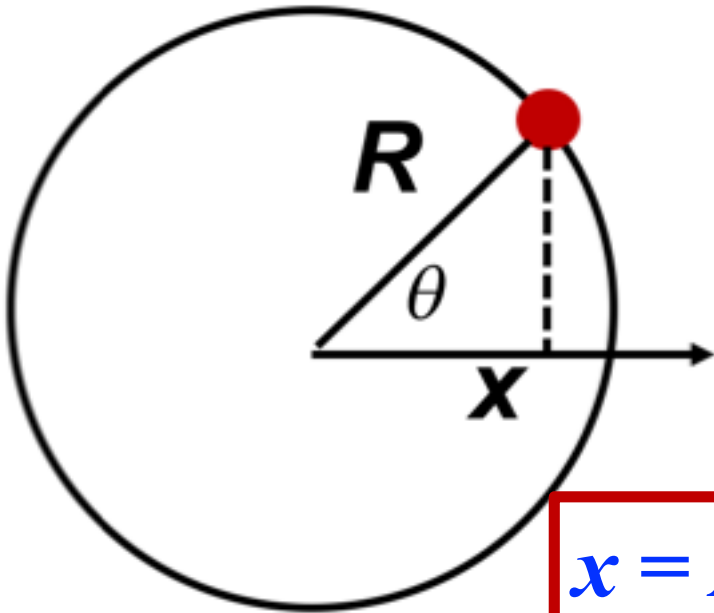
$$\cos(35^\circ) = 0.819 \qquad -\cos(35^\circ + 180) = 0.819$$

$$\sin(35^\circ + 90) = 0.819$$

$$\cos(\theta) = -\cos(\theta + 180^\circ) = \sin(\theta + 90^\circ)$$

cos, sin, -cos, -sin can be converted into each other!

SHM v. Rotational Motion



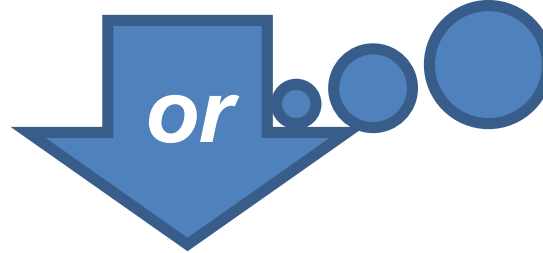
1. $x = A \cdot \cos \theta$

2. $\theta = \theta_0 + \omega t$



SHM equation

$$x = A \cdot \cos(\theta_0 + \omega t)$$



ALSO SHM equation

$$x = \pm A \cdot \sin(\xi_0 + \omega t)$$

We can ALWAYS convert cos into sin and back!

<http://math2.org/math/algebra/functions/sincos/properties.htm>

A general motion equation $x(t)$ for a SHM

$$x(t) = [\textit{number}] * \{\textit{sin or cos}\}([\textit{number}] * t + [\textit{number}]) + [\textit{number}]$$

An order may differ due to : $A + B = B + A$ and $AB = BA$

examples

$$x(t) = 3\cos(2t)$$

$$x(t) = 3\cos(5t)$$

$$x(t) = 3\cos(-5t)$$

$$x(t) = -3\cos(2t)$$

$$x(t) = -3\cos(2 - 5t)$$

$$x(t) = -3\sin(2 - 5t)$$

$$x(t) = 3\sin(2t)$$

$$x(t) = -3\cos(-5t + 2) + 1.23456$$

$$x(t) = -3\sin(2t)$$

$$x(t) = -1.23456 + \left(\frac{1}{3}\right)\sin(-0.5 + 7.7t)$$

Webassign: L18 Q3

How many equations from the equations below do NOT describe SHM?

1. $x(t) = 3\cos(2t)$ 2. $x(t) = 3\cos(5t)$ 3. $x(t) = -3\cos(2t)$

4. $x(t) = -3(2 - 5t)$ 5. $x(t) = -3\cos(-5t + 2) + 1.23456$

6. $x(t) = 3\tan(2t)$ 7. $x(t) = -1.23456 + \left(\frac{1}{3}\right)\sin(-0.5 + 7.7t)$

$$x(t) = [\textit{number}] * \{\sin \textit{ or } \cos\}([\textit{number}] * t + [\textit{number}]) + [\textit{number}]$$

How many equations from the equations below do NOT describe SHM?

=> 2

1. $x(t) = 3\cos(2t)$ 2. $x(t) = 3\cos(5t)$ 3. $x(t) = -3\cos(2t)$

4. $x(t) = -3(2 - 5t)$ 5. $x(t) = -3\cos(-5t + 2) + 1.23456$

6. $x(t) = 3\tan(2t)$ 7. $x(t) = -1.23456 + \left(\frac{1}{3}\right)\sin(-0.5 + 7.7t)$

SHM v Rotational Motion: *in general*

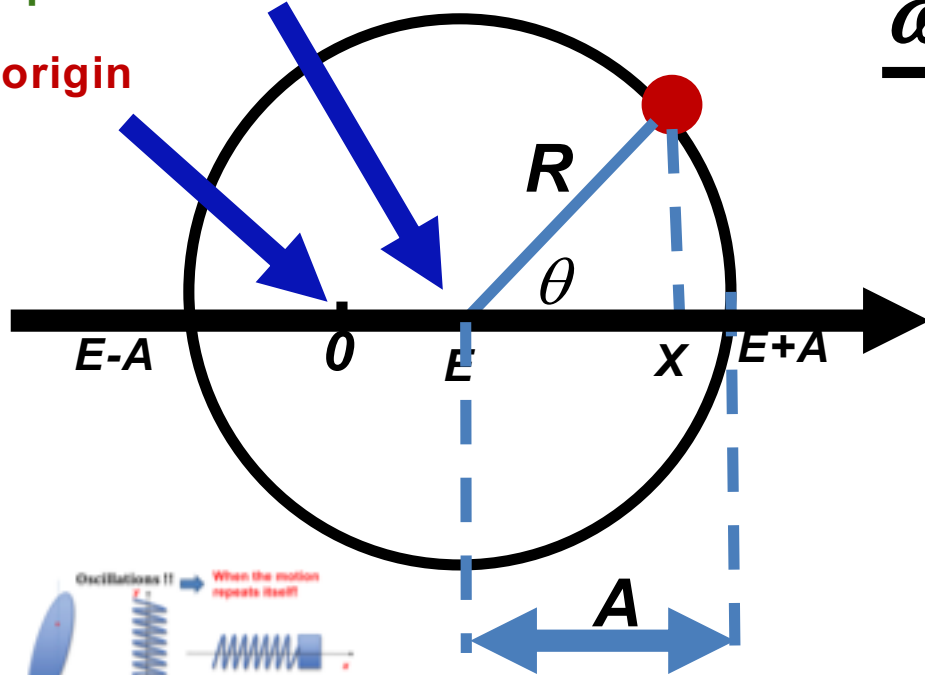
For rotational motion

For oscillations

$$R = A$$

equilibrium

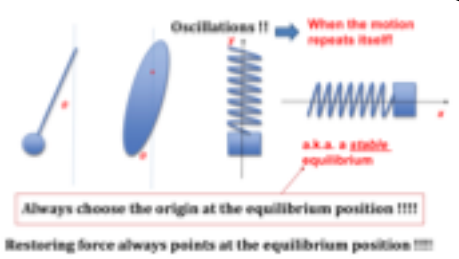
origin



$$\underline{\omega = \text{const}}$$

$$\underline{\theta = \theta_0 + \omega t}$$

$$\omega = \frac{2\pi}{T} = 2\pi f$$



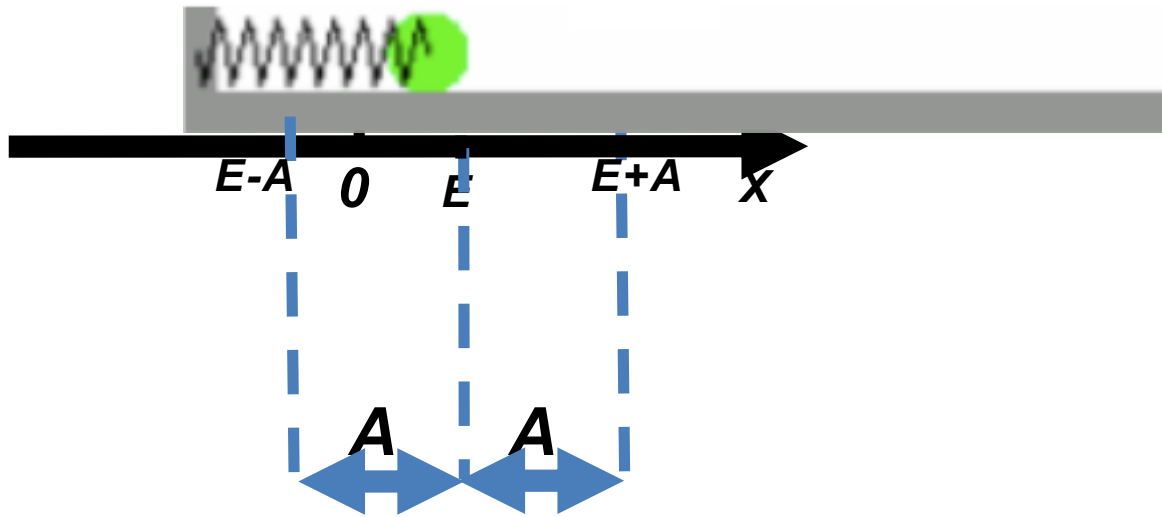
$$X = R \cos(\theta) + E = \underline{A \cos(\omega t + \theta_0) + E}$$

SHM v Rotational Motion: *in general*

A = the maximum displacement from the equilibrium

$$\underline{\omega = \text{const}}$$

$$\underline{\theta = \theta_0 + \omega t}$$



$$\omega = \frac{2\pi}{T} = 2\pi f$$

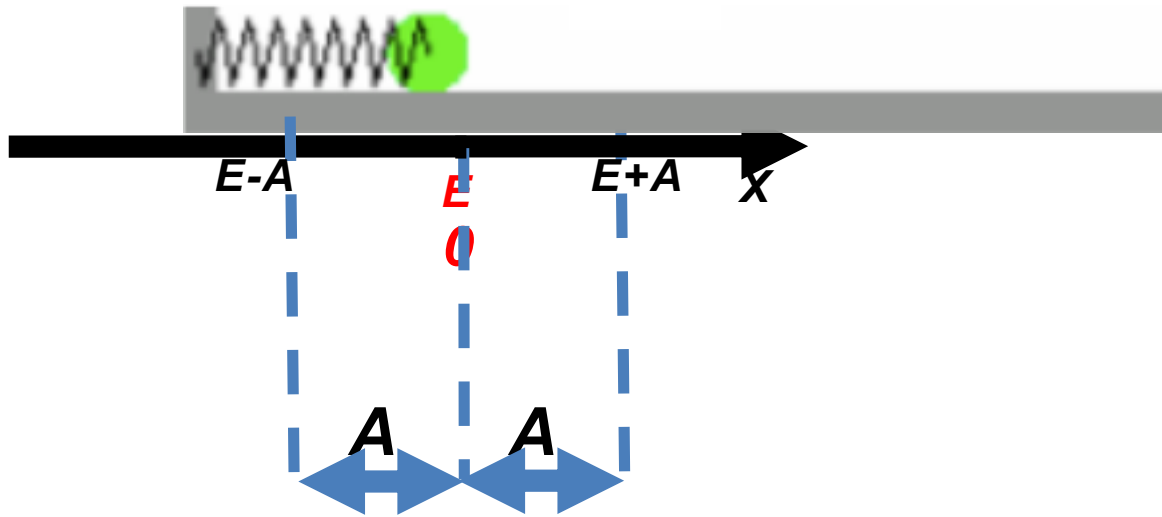
$$X = A \cos(\omega t + \theta_0) + E$$

SHM v Rotational Motion: *if E = 0*

A = the maximum displacement from the equilibrium

$$\underline{\omega = \text{const}}$$

$$\underline{\theta = \theta_0 + \omega t}$$



$$\omega = \frac{2\pi}{T} = 2\pi f$$

$$X = A \cos(\omega t + \theta_0)$$

$$x(t) = A \cos(\omega t + \theta_0) + E$$

the summary of kinematics of SHM

A is the amplitude, which is the magnitude of the *maximum* displacement from the equilibrium position.

$T = t/N = 1/f = 2\pi/\omega$ is a period, which is the time for one complete oscillation (one complete oscillation has four similar parts)

$f = N/t = 1/T$ is the frequency, i.e. the number of oscillations per one second.

$\omega = 2\pi f = 2\pi/T$ is an angular frequency, which is the number of oscillations per 2π seconds.

$\omega t + \theta_0$ is a phase; θ_0 is an initial phase (no need to bother with it)

E is the coordinate of the position between X_{\max} and X_{\min}

$$x(t) = A \cos(\omega t + \theta_0) + E$$

A is the amplitude, which is the magnitude of the *maximum* displacement from the equilibrium position.

$T = t/N = 1/f = 2\pi/\omega$ is a period, which is the time for one complete oscillation (one complete oscillation has four similar parts)

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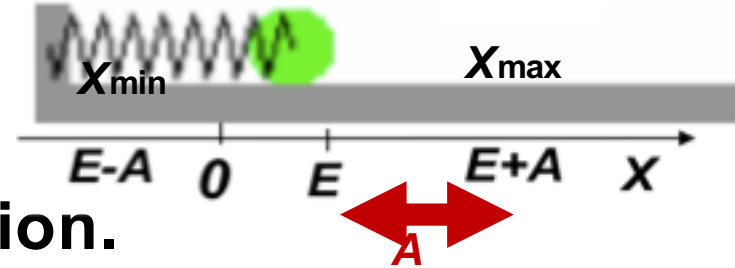
$\omega = 2\pi f = 2\pi/T$ is an angular frequency, which is the number of oscillations per 2π seconds.

$\omega t + \theta_0$ is a phase; θ_0 is an initial phase (no need to bother with it)

E is the coordinate of the position between X_{\max} and X_{\min}

For an object on a spring

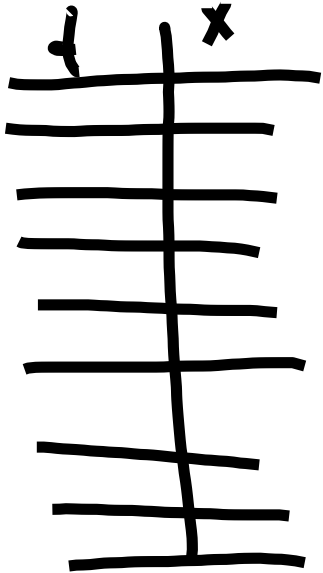
$$\frac{k}{m} = \omega^2$$



SHM in general: a motion equation and a graph

$$\underline{x(t) = A \cos(\omega t + \theta_0) + E}$$

$$\underline{x = \omega t}$$



$x = A \cos(\omega t + \theta_0) + E$
 $m = 100g = 0.1kg$
 $E = A$
 $E - A$
 $K = 0.96 \frac{N}{m}$

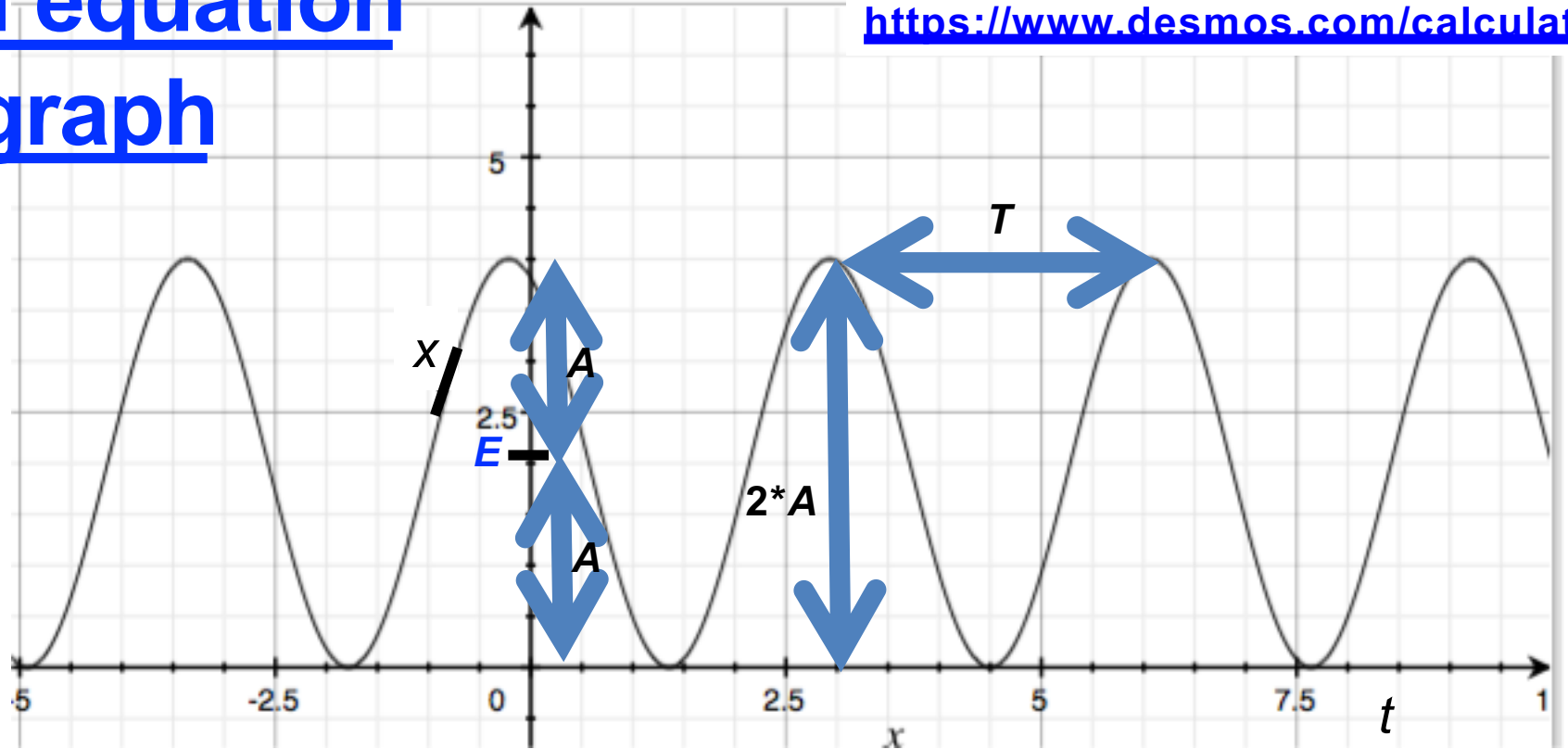
$\omega = \frac{2\pi}{T}$
 $\omega^2 = \frac{k}{m}$

$k = m \cdot \omega^2 = 0.1 \cdot \left(\frac{2\pi}{4}\right)^2 = \frac{0.1 \cdot \pi^2}{16} \approx \frac{1}{2}$

SHM in general: a motion equation and a graph

$$x(t) = A \cos(\omega t + \theta_0) + E$$

<https://www.desmos.com/calculator>

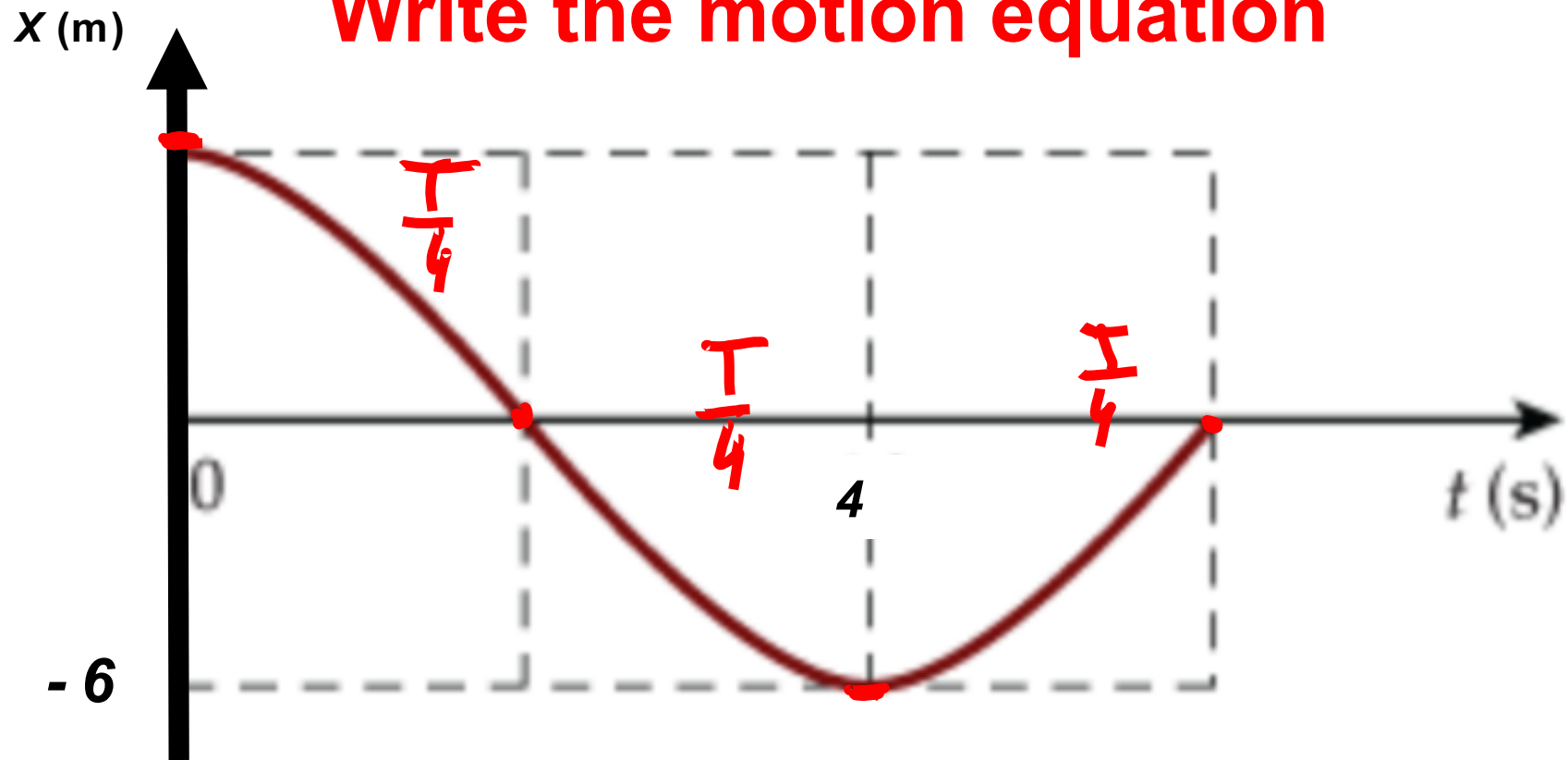


$$n = f = \nu = \frac{N}{t} = \frac{1}{T}$$

$$T = \frac{t}{N}$$

$$\omega = 2\pi f = \frac{2\pi}{T}$$

Write the motion equation



Webassign: L18 Q4

The period of this motion is

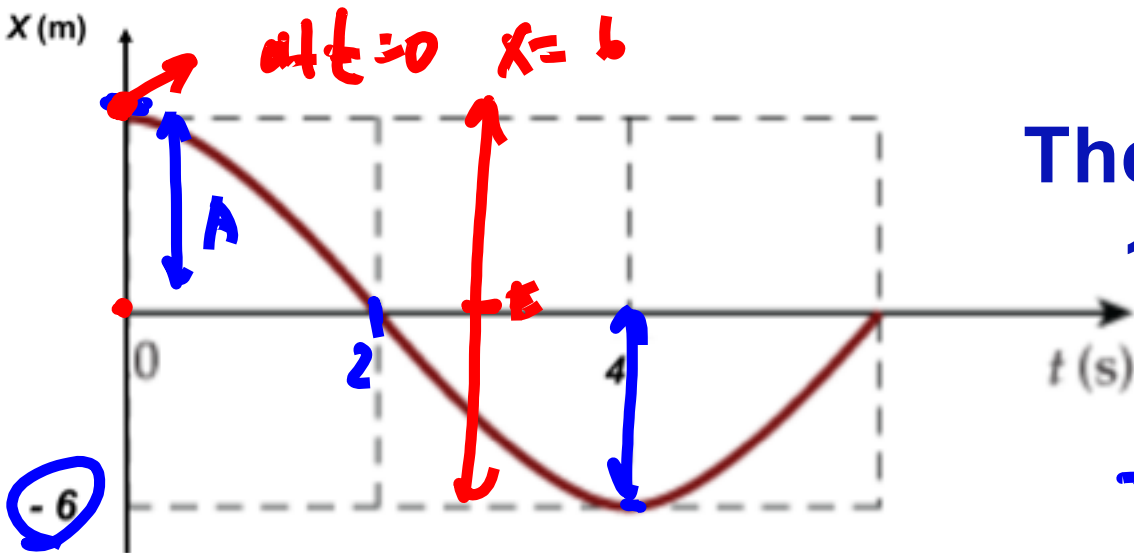
- 1. 1 s
- 2. 2 s
- 3. 3 s
- 4. 4 s
- ...



Webassign: L18 Q4

The period of this motion is

1. 1 s 2. 2 s 3. 3 s ...



$$T/4 = 2\text{ s} \Rightarrow T = 8\text{ s}$$

$$A = 6$$

$$\omega = \frac{2\pi}{T} = \frac{2\pi}{8} = \frac{\pi}{4}$$

$$X = A \cdot \cos(\omega t + \theta_0) + E$$

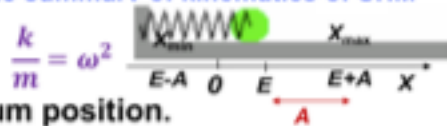
$$X = 6 \cdot \cos\left(\frac{\pi}{4} \cdot t + 0\right) + E$$

$x = 6 \cdot \cos\left(\frac{\pi}{4} \cdot 4\right) + E$
 $1 = \cos 0, \theta_0 = 0$

$$x(t) = A \cos(\omega t + \theta_0) + E$$

the summary of kinematics of SHM

A is the amplitude, which is the magnitude of the maximum displacement from the equilibrium position.



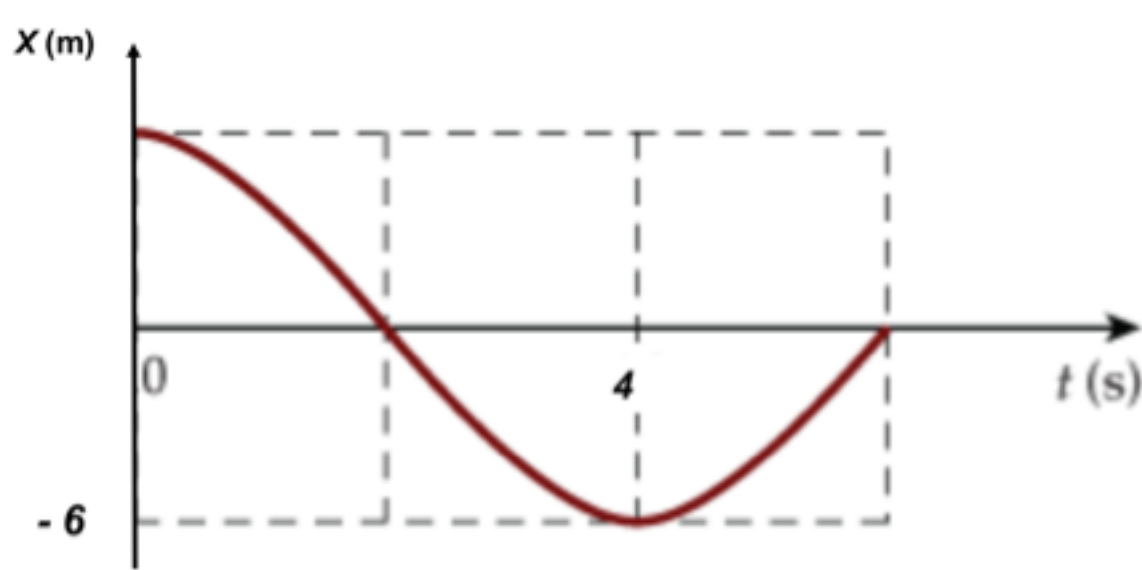
$T = t/N = 1/f = 2\pi/\omega$ is a period, which is the time for one complete oscillation (one complete oscillation has four similar parts)

$f = N/t = 1/T$ is the frequency, i.e. the number of oscillations per one second.

$\omega = 2\pi f = 2\pi/T$ is an angular frequency, which is the number of oscillations per 2π seconds.

$\omega t + \theta_0$ is a phase; θ_0 is an initial phase

E is the coordinate of the position between X_{\max} and X_{\min}



This graph represents the motion of a 100 g weight attached to a spring.

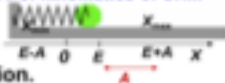
Calculate the spring/force constant of the spring.

$$x(t) = A \cos(\omega t + \theta_0) + E$$

the summary of kinematics of SHM

A is the amplitude, which is the magnitude of the maximum displacement from the equilibrium position.

$$\frac{k}{m} = \omega^2$$



$T = t/N = 1/f = 2\pi/\omega$ is a period, which is the time for one complete oscillation (one complete oscillation has four similar parts)

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$\omega t + \theta_0$ is a phase; θ_0 is an initial phase

E is the coordinate of the position between x_{max} and x_{min}

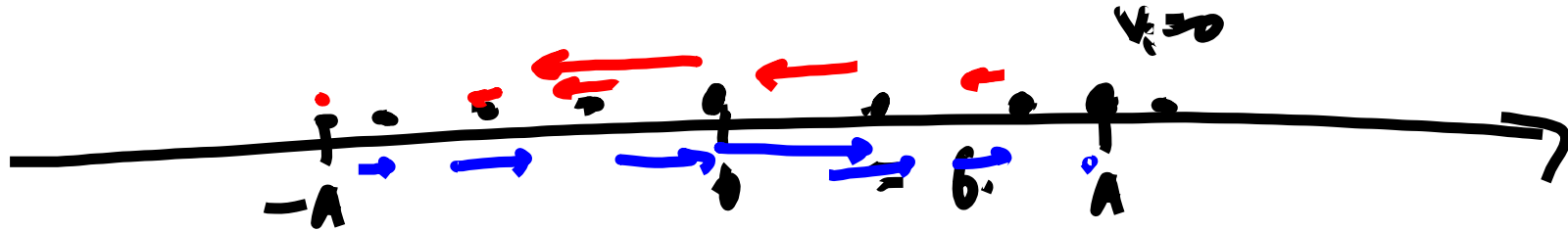
Special case:

$$x(t) = A \cos(\omega t)$$

1. $X_{\text{equilibrium}} = 0$ ($E = 0$)
2. Released from rest
3. $X_0 = A > 0$



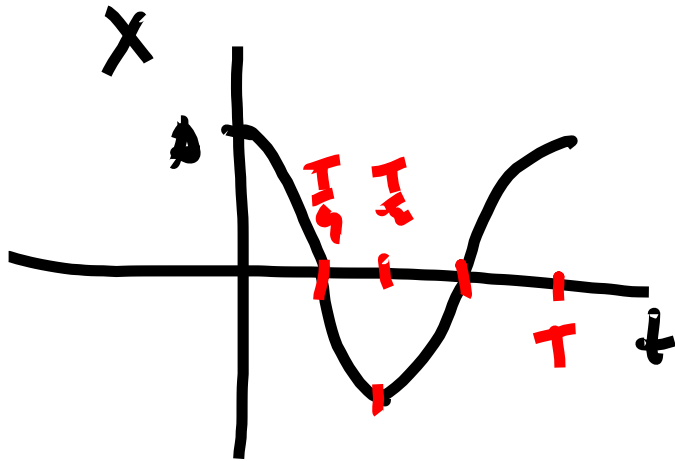
THE MOTION DIAGRAM



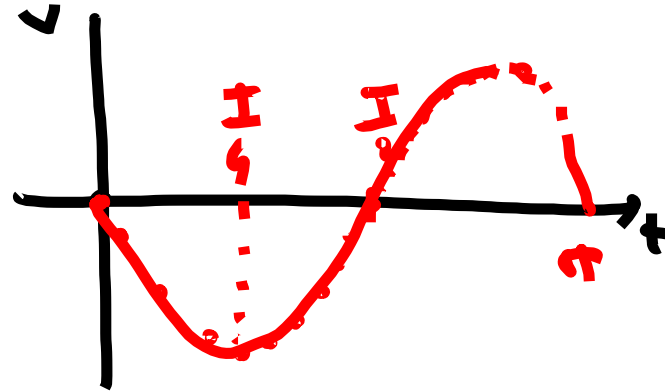
Special case:

1. $X_{\text{equilibrium}} = 0$ ($E = 0$)
2. Released from rest
3. $X_0 = A > 0$

$$x(t) = A \cos(\omega t)$$



GRAPHS $x(t)$, $v(t)$



$$v = -v_{\text{max}} \sin(\omega t)$$

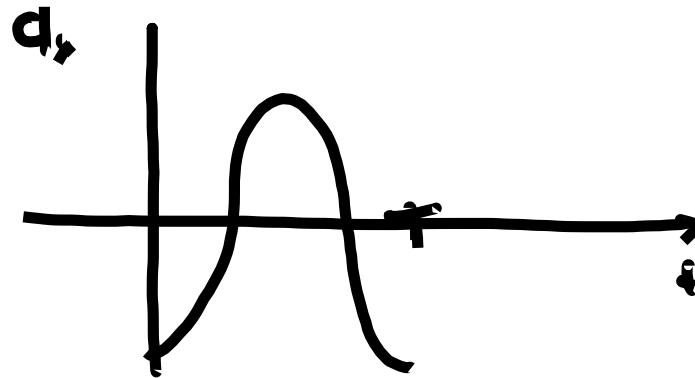
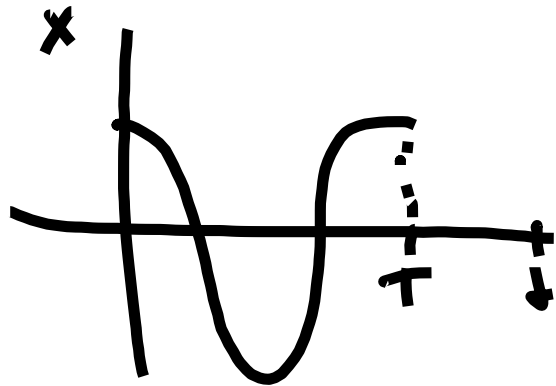
Special case:

1. $X_{\text{equilibrium}} = 0$ ($E = 0$)
2. Released from rest
3. $X_0 = A > 0$

$$x(t) = A \cos(\omega t)$$



GRAPHS $x(t)$, $a(t)$



$$a_x = -\omega^2 x$$

$$F_x = m \cdot a_x = -kx$$

The graph shows force F_x on the vertical axis versus time t on the horizontal axis. The curve is a negative cosine wave starting at its minimum value $-kA$ at $t = 0$. A vertical dashed line marks the period T of the oscillation.

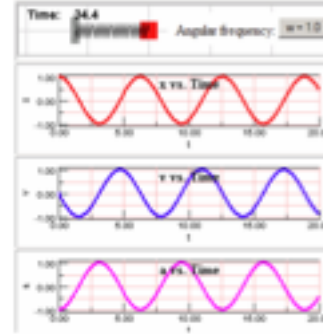
Graphs of position, velocity, and acceleration

In SHM (simple harmonic motion), the general equations for position, velocity, and acceleration are:

$$x(t) = A \cos(\omega t)$$

$$v(t) = -A\omega \sin(\omega t)$$

$$a_x = -\omega^2 x \quad a(t) = -A\omega^2 \cos(\omega t)$$



The phase angle θ_0 is determined by the initial position and initial velocity.

The angular frequency for an object of mass m oscillating on a spring of spring constant k the angular frequency is given by:

$$\omega^2 = \frac{k}{m}$$

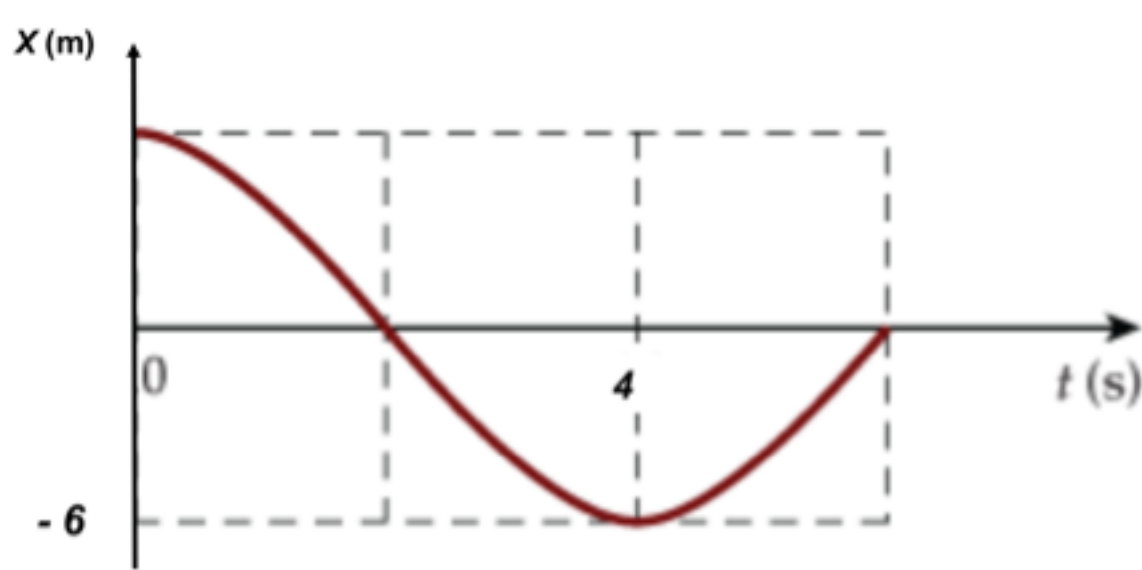
← The most important connection

Whatever is multiplying the sine or cosine represents the maximum value of the quantity.

Thus: $x_{\max} = A$ $v_{\max} = A\omega$ $a_{\max} = A\omega^2$ $a_x = -\omega^2 x$

A special case
(summary):

A cart is attached to a spring, we move a cart to the right from ($E=0$) equilibrium and release it from rest.



This graph represents the motion of a 100 g weight attached to a spring.

Calculate v_{\max} and a_{\max}

$$a_x = -\omega^2 x$$

$$a_{\max} = |\omega^2 A| = A \cdot \omega^2 =$$

$$= 6 \cdot \left(\frac{\pi}{4}\right)^2 \text{ m/s}^2$$

$$V_{\max} = \omega \cdot A = \frac{\pi}{4} \cdot 6 \text{ m/s}$$

$x(t) = A \cos(\omega t + \theta_0) + E$ the summary of kinematics of SHM

A is the amplitude, which is the magnitude of the maximum displacement from the equilibrium position.

$T = t/N = 1/f = 2\pi/\omega$ is a period, which is the time for one complete oscillation (one complete oscillation has four similar parts)

$f = N/t = 1/T$ is the frequency, i.e. the number of oscillations per one second.

$\omega = 2\pi f = 2\pi/T$ is an angular frequency, which is the number of oscillations per 2π seconds.

$\omega t + \theta_0$ is a phase; θ_0 is an initial phase

E is the coordinate of the position between X_{\max} and X_{\min}



Graphs of position, velocity, and acceleration

In SHM (simple harmonic motion), the general equations for position, velocity, and acceleration are:

$$\Delta x = x - E \quad \underline{x(t) = A \cos(\omega t + \theta_0) + E}$$

$$F_x = -k\Delta x \quad v(t) = -A\omega \sin(\omega t + \theta_0)$$

$$a_x = -\omega^2 \Delta x \quad a(t) = -A\omega^2 \cos(\omega t + \theta_0)$$

The phase angle θ_0 is determined by the initial position and initial velocity.

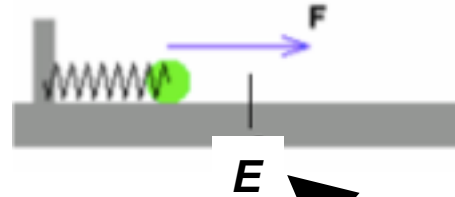
$$X_{\text{equilibrium}} \neq 0 \quad (E \neq 0)$$

$$\omega = \frac{2\pi}{T} = 2\pi f$$

$$\frac{k}{m} = \omega^2$$

Whatever is multiplying the sine or cosine represents the maximum value of the quantity.

Thus: $\underline{x_{\text{max}} = A} \quad v_{\text{max}} = A\omega \quad a_{\text{max}} = A\omega^2$



In general:

A cart is attached to a spring, we move a cart away from equilibrium and release it with a push.

The motion equation of an object is

$$x(t) = -5 \sin(3\pi t - 1) + 2 \quad (\underline{\text{assume SI units}})$$

$$X = A \cos(\omega t + \theta_0) + E$$

[Webassign: L18 Q5](#)

The angular frequency equals (in rad/s)...

1. 1π

2. 2π

3. 3π

4. 4π

5. 5π

6. 6π

7. 7π

8. none of the above

$$\omega = \frac{2\pi}{T} = 2\pi f$$



The motion equation of an object is

$$x(t) = |-5| \sin(|3\pi t - 1|) + 2$$

Webassign: L18 Q5

$$X = A \cos(\omega t + \theta_0) + E$$

$$\omega = \frac{2\pi}{T} = 2\pi f$$

The angular frequency equals (in rad/s)...

1. 1π
2. 2π
3. 3π
4. 4π
5. 5π
6. 6π
7. 7π
8. none of the above

$$f = \frac{1}{T} = \frac{3}{2} = 1.5 \frac{1}{s} = 1.5 \text{ s}^{-1} = 1.5 \text{ Hz}$$

$$\omega = 3\pi \frac{\text{rad}}{\text{s}}$$

$$A = |-5| = 5$$

$$T = \frac{2\pi}{\omega} = \frac{2\pi}{3\pi} = \frac{2}{3} \text{ s}$$

$$a_{\text{max}} = \omega^2 A = (3\pi)^2 \cdot 5; \quad v_{\text{max}} = \omega A = 3\pi \cdot 5$$

Also find: A , f , ω , v_{max} , a_{max}

The motion equation of an object is

$$x(t) = -5 \sin(3\pi t - 1) + 2$$

$$\omega = 3\pi \text{ rad/s}$$

(assume SI units)

The period equals (s)...

~~1. 1/3~~

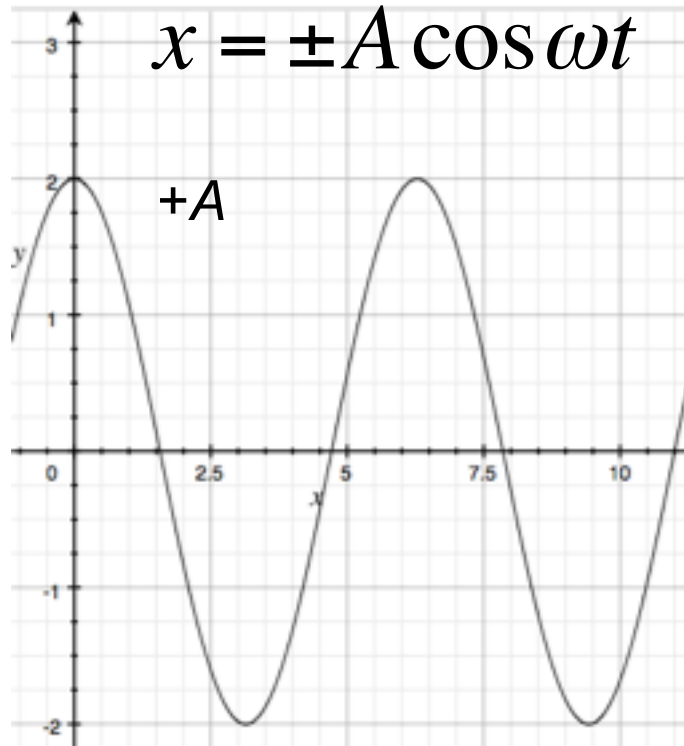
2. 2/3

~~3. 3/3~~

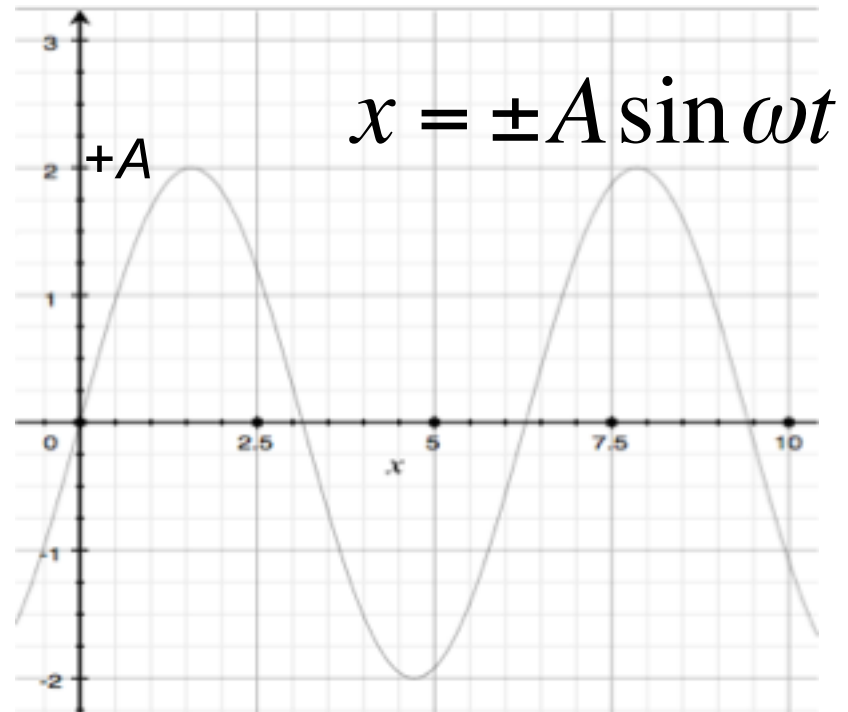
~~4. 4/3~~

special cases

Released from rest:

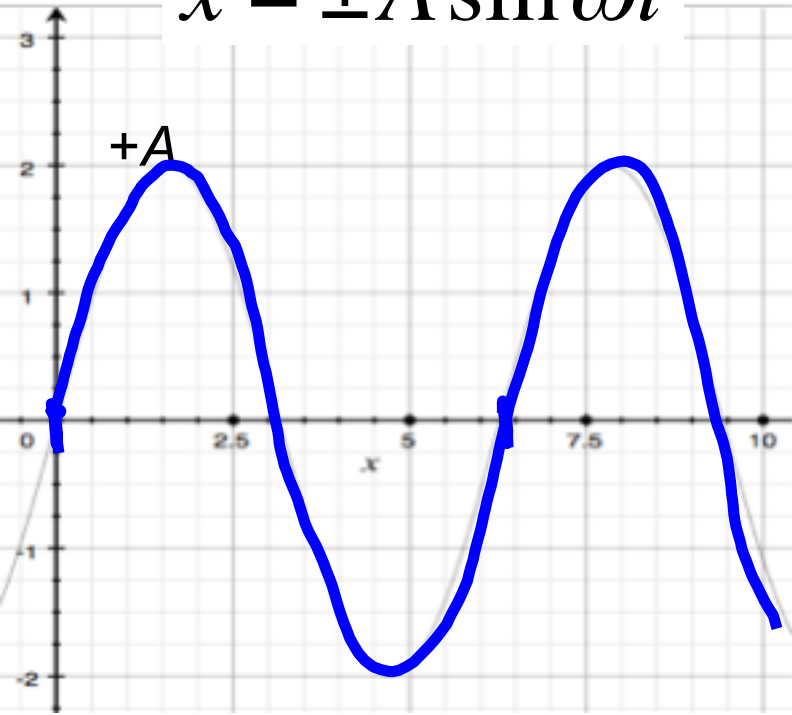


“Kicked”
from
equilibrium
position:



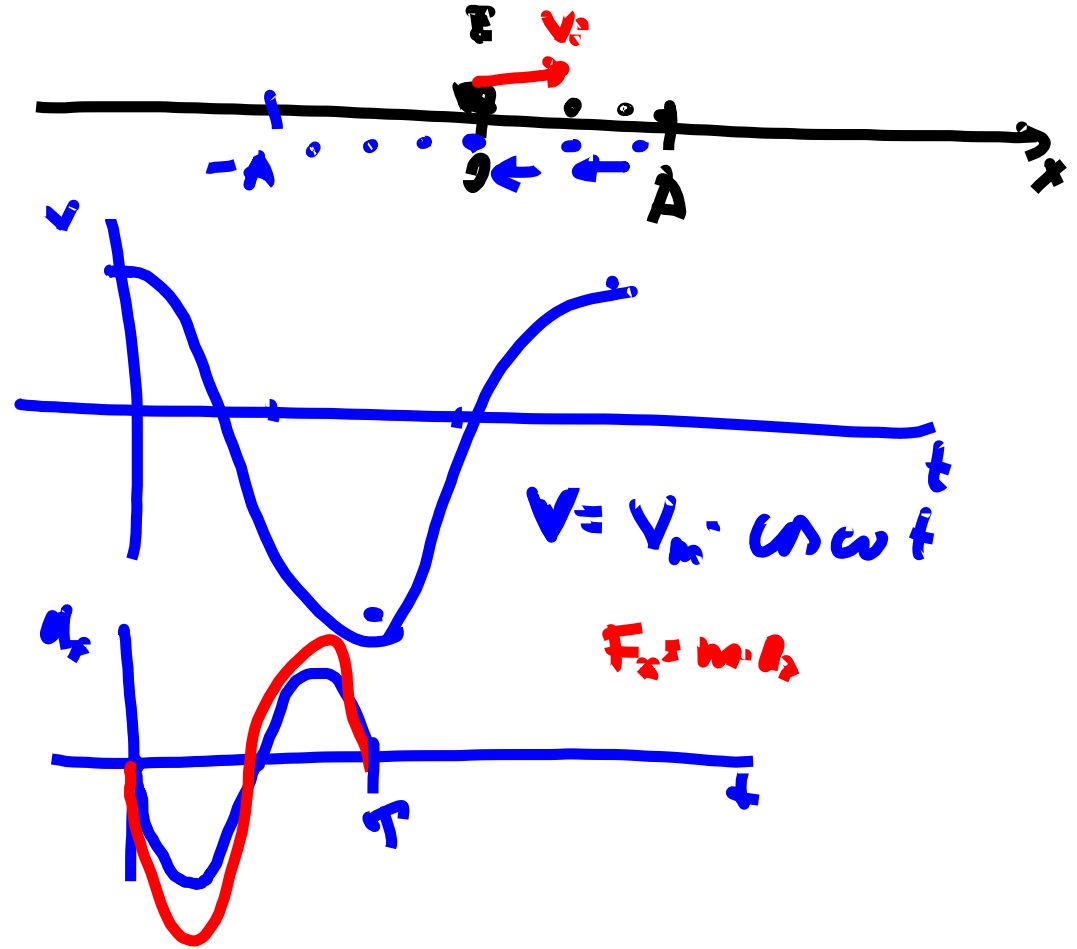
2ND special case

$$x = \pm A \sin \omega t$$



$$\underline{a_x = -\omega^2 x}$$

“Kicked” from equilibrium position: $v(t)$, $a(t)$

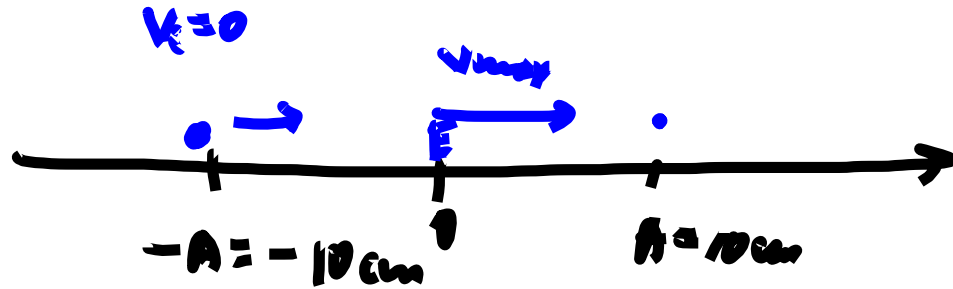


An object is released from rest

A 100 g block attached to a spring with $k = 10 \text{ N/m}$ is moved 10 cm to the *left* away from the equilibrium position and released from *rest*. Write a motion equation and a velocity equation for the block.

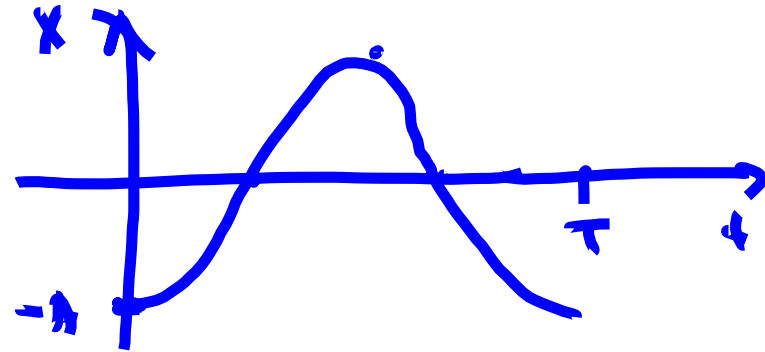


A 100 g block attached to a spring with $k = 10 \text{ N/m}$ is moved 10 cm to the *left* away from the equilibrium position and released from *rest*. Write a motion equation and a velocity equation for the block.



$$x = \frac{A}{\omega} \sin(\omega \cdot t)$$

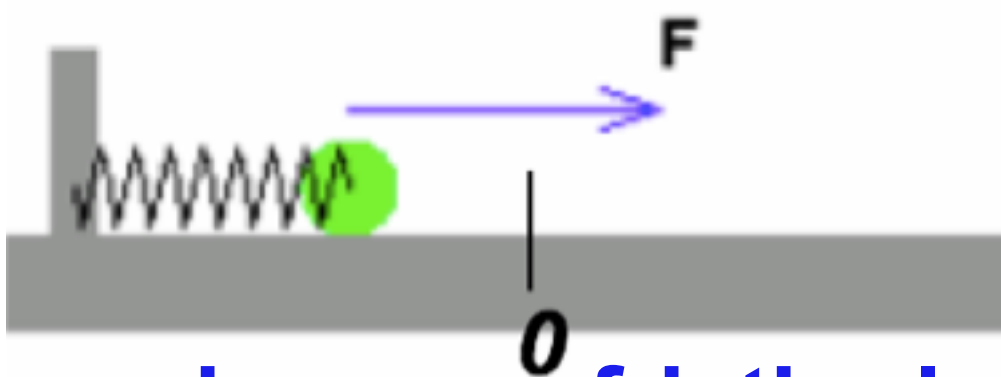
$$x = -A \cos(10 \cdot t)$$



$$\omega = \frac{2\pi}{T}$$

$$\omega^2 = \frac{k}{m} = \frac{10}{0.1} = 100$$

$$\omega = \sqrt{100} = 10 \left(\frac{\text{rad}}{\text{s}} \right)$$



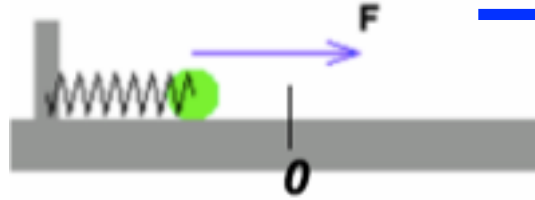
When an object is making SHM (e.g. a ball attached to an ideal spring and

moving on a frictionless surface), its **KE** ...

1. Conserved
2. Positive when the ball is to the right to equilibrium, but negative when the ball is to the left to the equilibrium
3. Never negative
4. Never positive
5. None of the above

Dynamics of SHM

1. $X_{\text{equilibrium}} = 0$ ($E = 0$)
2. Released from rest
3. $X_0 = A > 0$



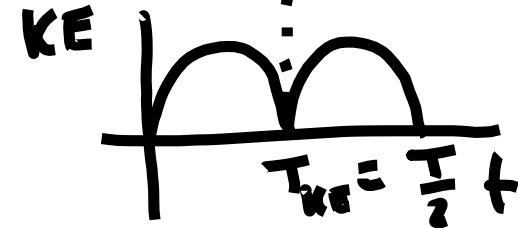
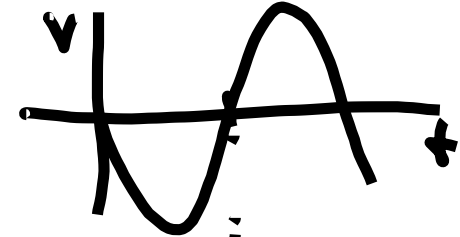
Energy: What is happening to KE?

When an object is making SHM (e.g. a ball attached to an ideal spring and moving on a frictionless surface), its **KE**

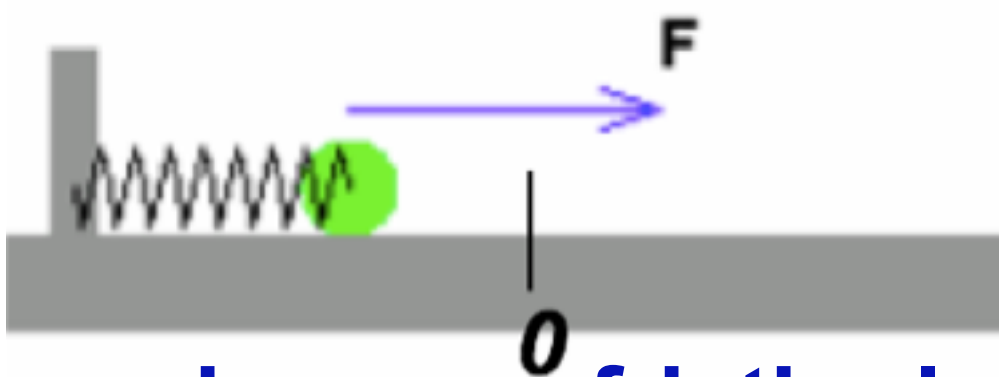
1. Conserved
2. Positive when the ball is to the right to equilibrium, but negative when the ball is to the left to the equilibrium
3. Never negative
4. Never positive
5. None of the above



$$KE = \frac{mv^2}{2}$$



SHM



When an object is making SHM (e.g. a ball attached to an ideal spring and

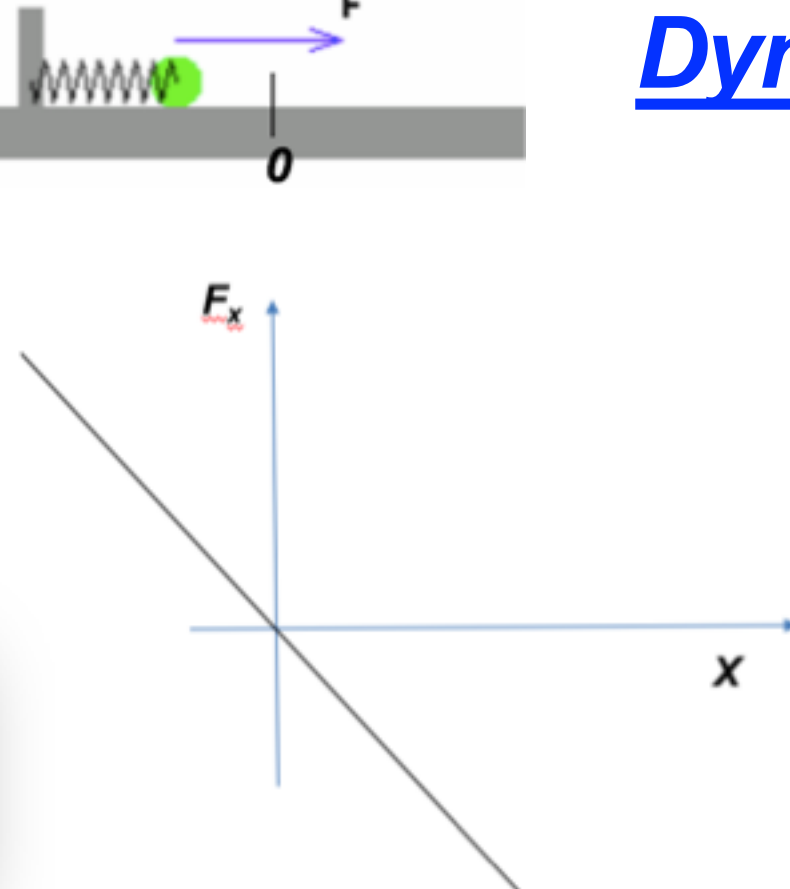
moving on a frictionless surface), its **KE** ...

- ~~1. Conserved~~
 - ~~2. Positive when the ball is to the right to equilibrium, but negative when the ball is to the left to the equilibrium~~
 - ~~3. Never negative~~
 - ~~4. Never positive~~
 - ~~5. None of the above~~
- AND changes!**

Dynamics of SHM

Why does KE change?

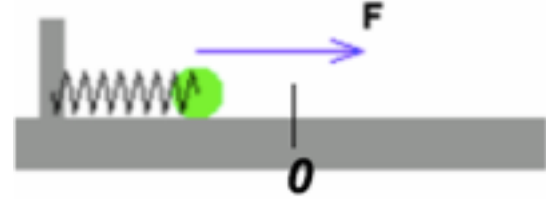
Because F_{el} does mechanical work!



The diagram shows a mass-spring system on the left and a graph on the right. The mass is a green sphere on a horizontal surface, with a spring attached to a wall on the left. A purple arrow labeled 'F' points to the right from the mass. The equilibrium position is marked '0'. The graph plots force F_x on the vertical axis and displacement x on the horizontal axis. A straight line with a negative slope passes through the origin, representing the spring force. Below the graph, the equation $F_x = -kx$ is written.

$$F_x = -kx$$

$$\text{WKET: } W_{\text{net}} = W_{\text{el}} = KE_f - KE_i$$

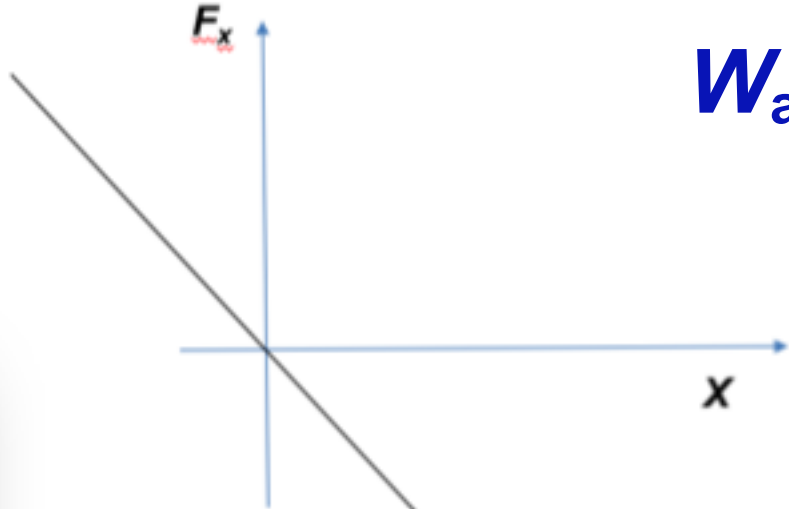


$$W_{el} = \text{????}$$

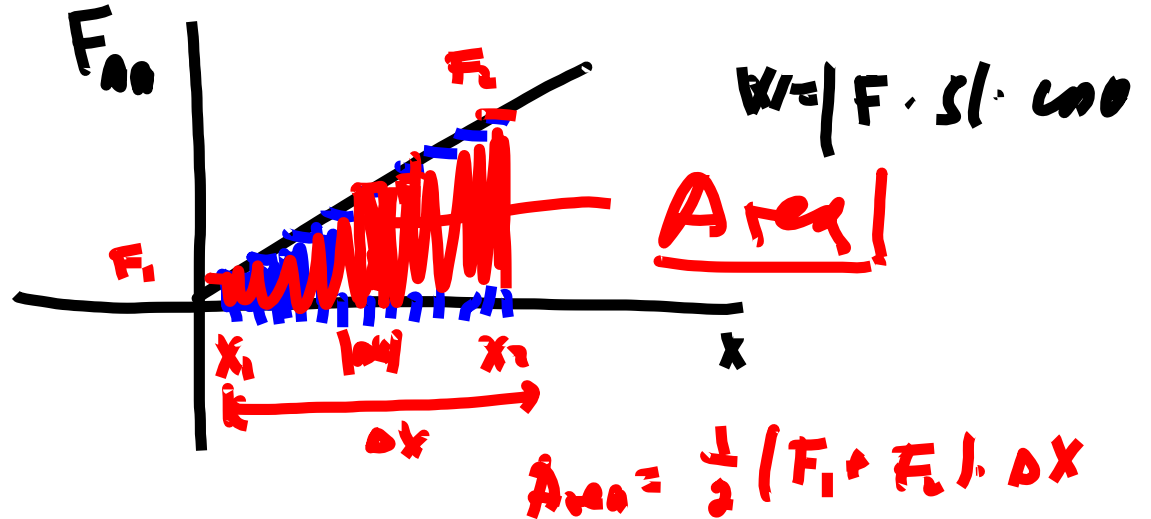
W_{el} = Work done BY a spring

W_{app} = Work done ON a spring

$$W_{el} = - W_{app}$$



$$F_x = -kx$$



Dynamics of SHM

Work; KE, Elastic Potential Energy (EPE)

If $F = \text{const} \Rightarrow W_F = |F||\Delta S|\cos\theta$

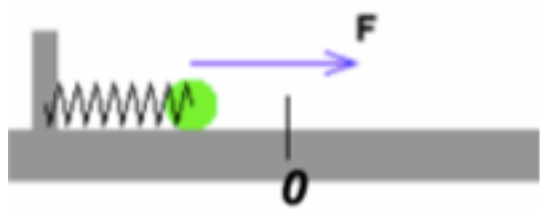
Elastic force is **NOT** constant!

Work done by the spring!

$$W_{el} = \frac{kx_i^2}{2} - \frac{kx_f^2}{2}$$

$$PE_{el} = \frac{kx^2}{2}$$

WKET: $W_{\text{net}} = W_{el} = KE_f - KE_i$



$X_E = 0$

F_x

x

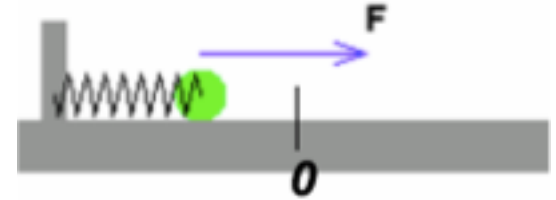
$$F_x = -kx$$

Graphs for kinetic and potential energy: (t)



of what?

$$KE = \frac{mv^2}{2}$$

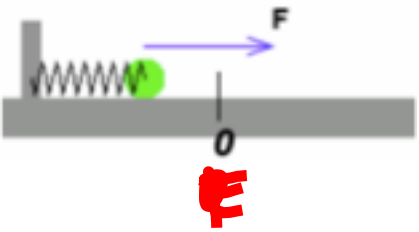


$$PE_{el} = \frac{kx^2}{2}$$

$$ME = KE + PE =$$

$$= \frac{mv^2}{2} + \frac{kx^2}{2}$$





$$KE = \frac{mv^2}{2}$$

$$PE_{el} = \frac{kx^2}{2}$$

$$ME = KE + PE$$

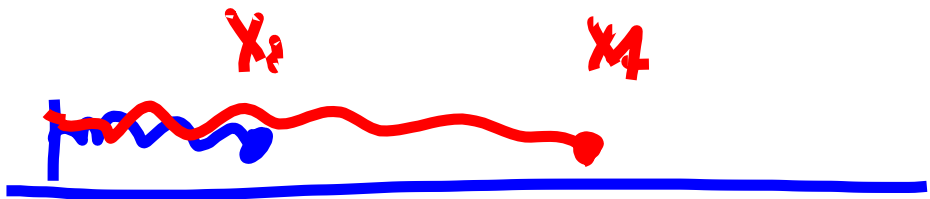
$$x = x - E$$

ball

Spring

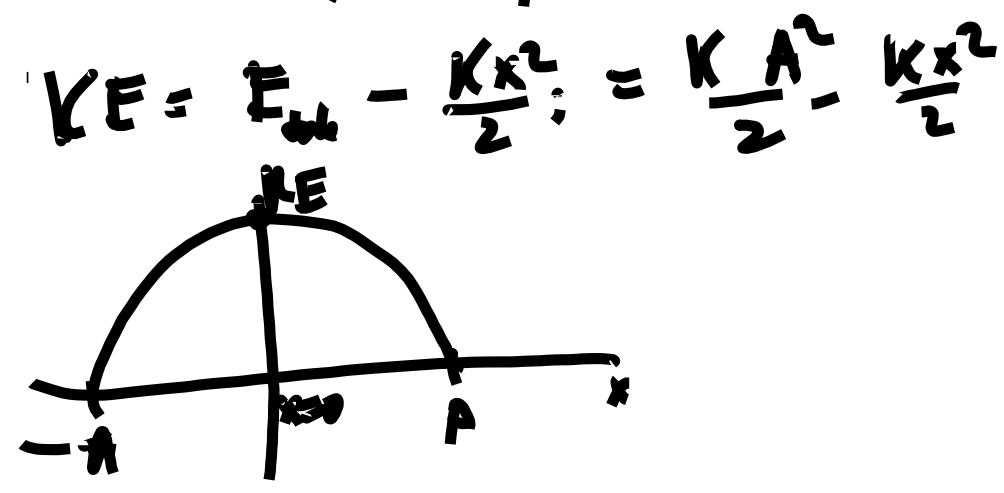
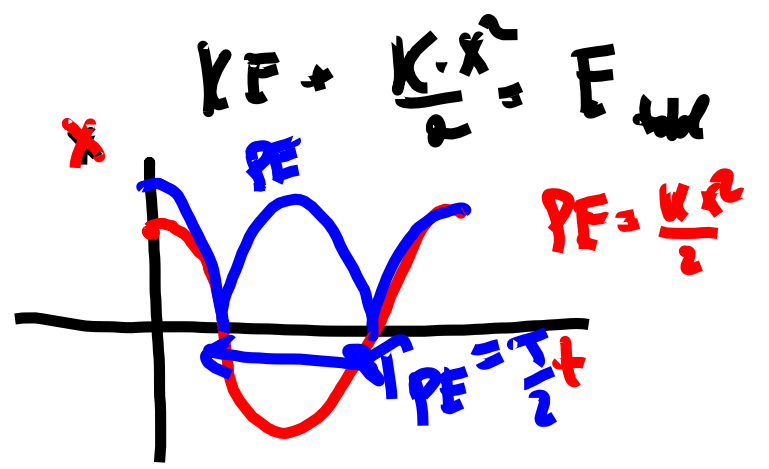
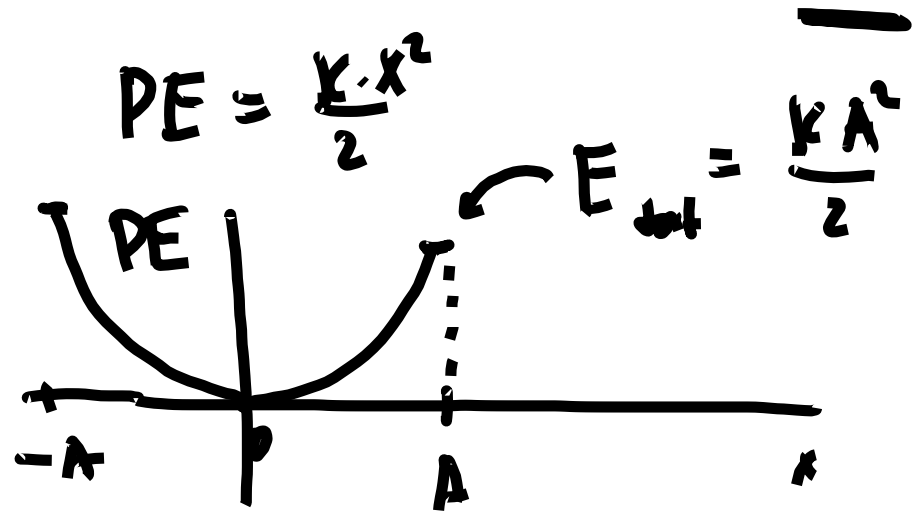
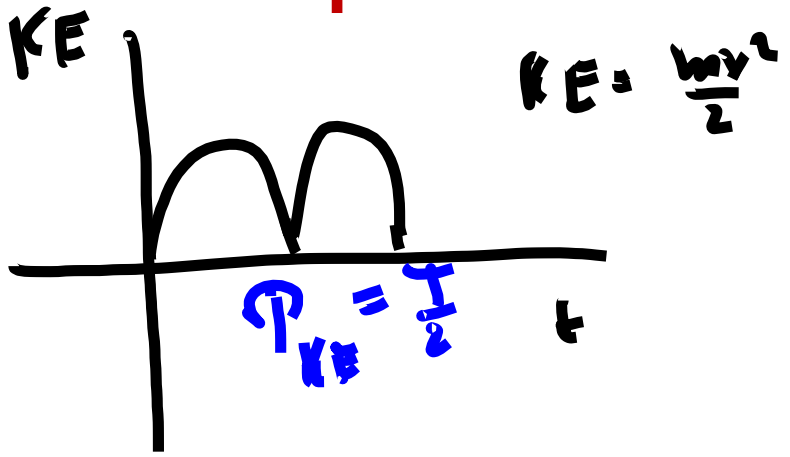
ball

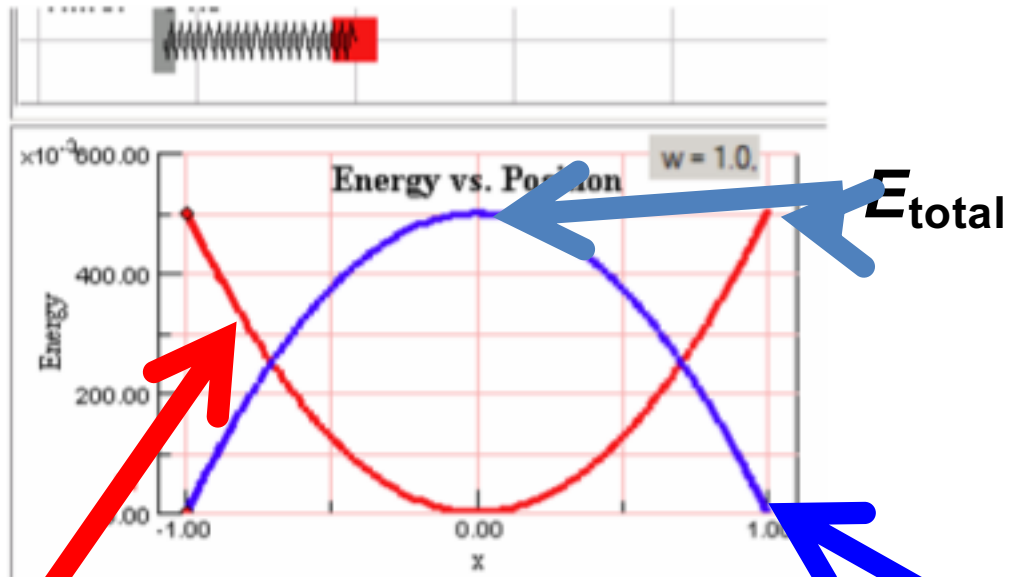
system



$$\frac{mv_i^2}{2} + \frac{kx_i^2}{2} = \frac{mv_f^2}{2} + \frac{kx_f^2}{2}$$

Graphs for kinetic and potential energy: (x)





Neglecting friction

$\Rightarrow ME = const$

LCME

(horizontal spring)

$$U = \frac{kx^2}{2}$$

$$K = \frac{mv^2}{2}$$

$$\frac{mv^2}{2} + \frac{kx^2}{2} = ME = const$$

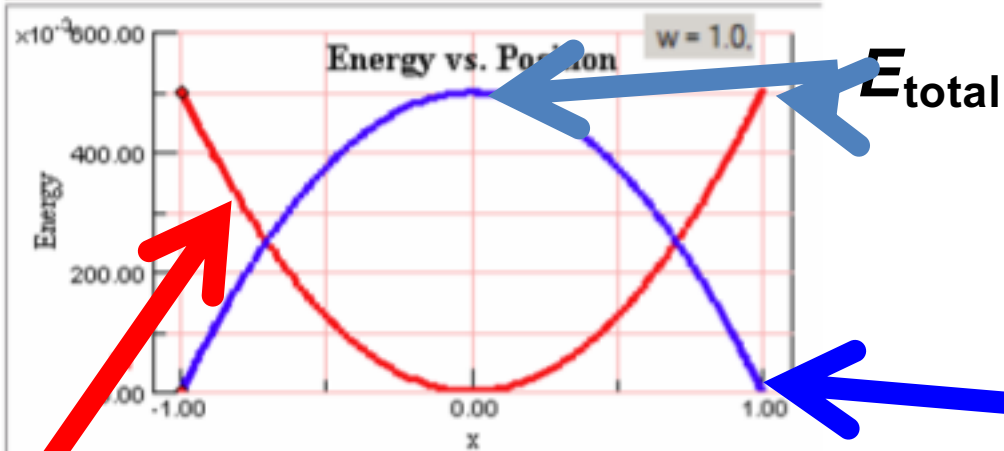
$$ME_{total} = KE + U = const = KE_1 + U_1 = KE_2 + U_2$$

Special case

$$X = A \cos(\omega t)$$

$$V = A\omega \sin(\omega t)$$

Neglecting friction =>
LCME



$$K = E_{total} - U$$

$$U = \frac{kx^2}{2} = \frac{k[A \cos(\omega t)]^2}{2} =$$
$$= U_{\max} \cos^2(\omega t) = E_{total} \cos^2(\omega t)$$

$$K = \frac{mv^2}{2} = \frac{m[A\omega \sin(\omega t)]^2}{2} =$$
$$= K_{\max} \sin^2(\omega t) = E_{total} \sin^2(\omega t)$$

$$\sin^2(\omega t) + \cos^2(\omega t) = 1 \Rightarrow U + K = \text{const} = E_{total} = U_{\max} = K_{\max}$$