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Equations of SHM

$$x(t) = A \cos(\omega t + \phi) \qquad \omega = 2\pi/T$$

A – amplitude, ω – angular frequency,

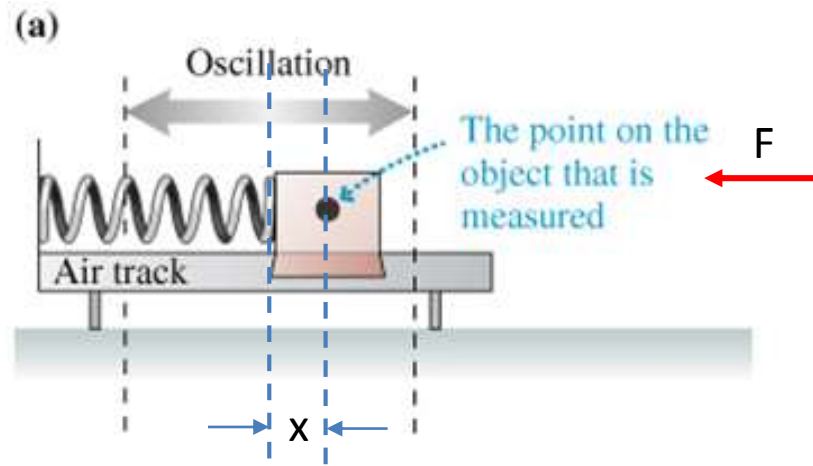
T – period, ϕ – phase constant

Equilibrium is $x = 0$

$$v(t) = -\omega A \sin(\omega t + \phi) \qquad v_{\max} = \omega A$$

$$a(t) = -\omega^2 A \cos(\omega t + \phi) \qquad a_{\max} = \omega^2 A$$

ω From Physical Principles



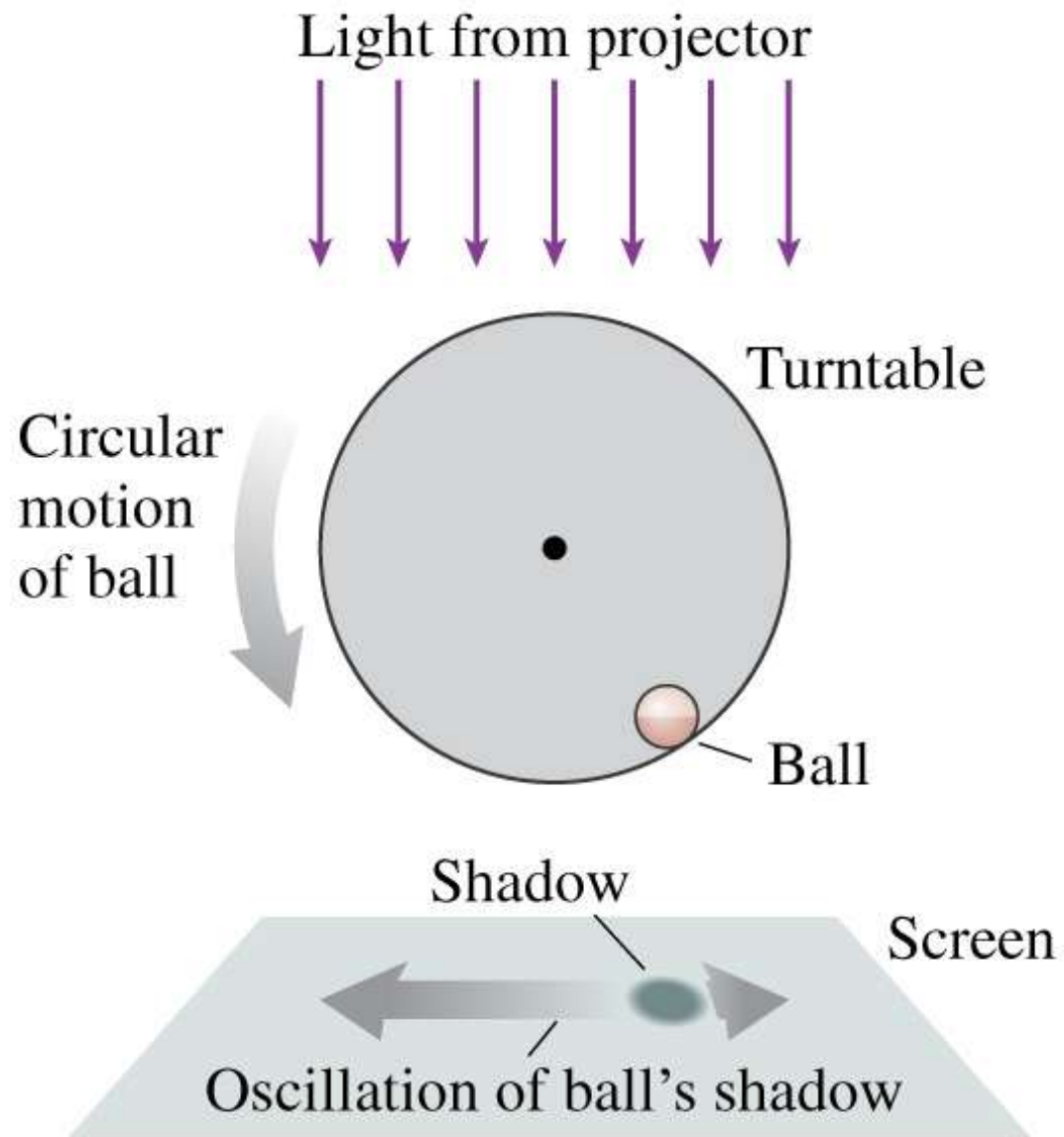
$$\text{By NII, } -kx(t) = ma(t)$$

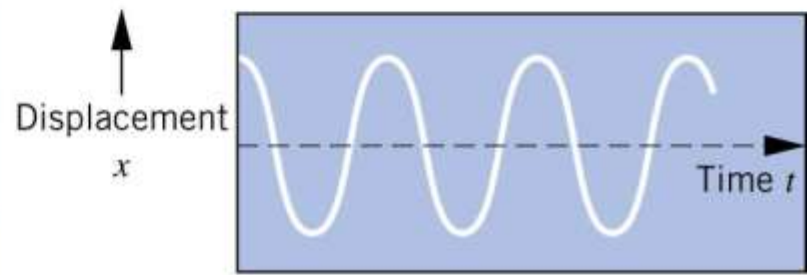
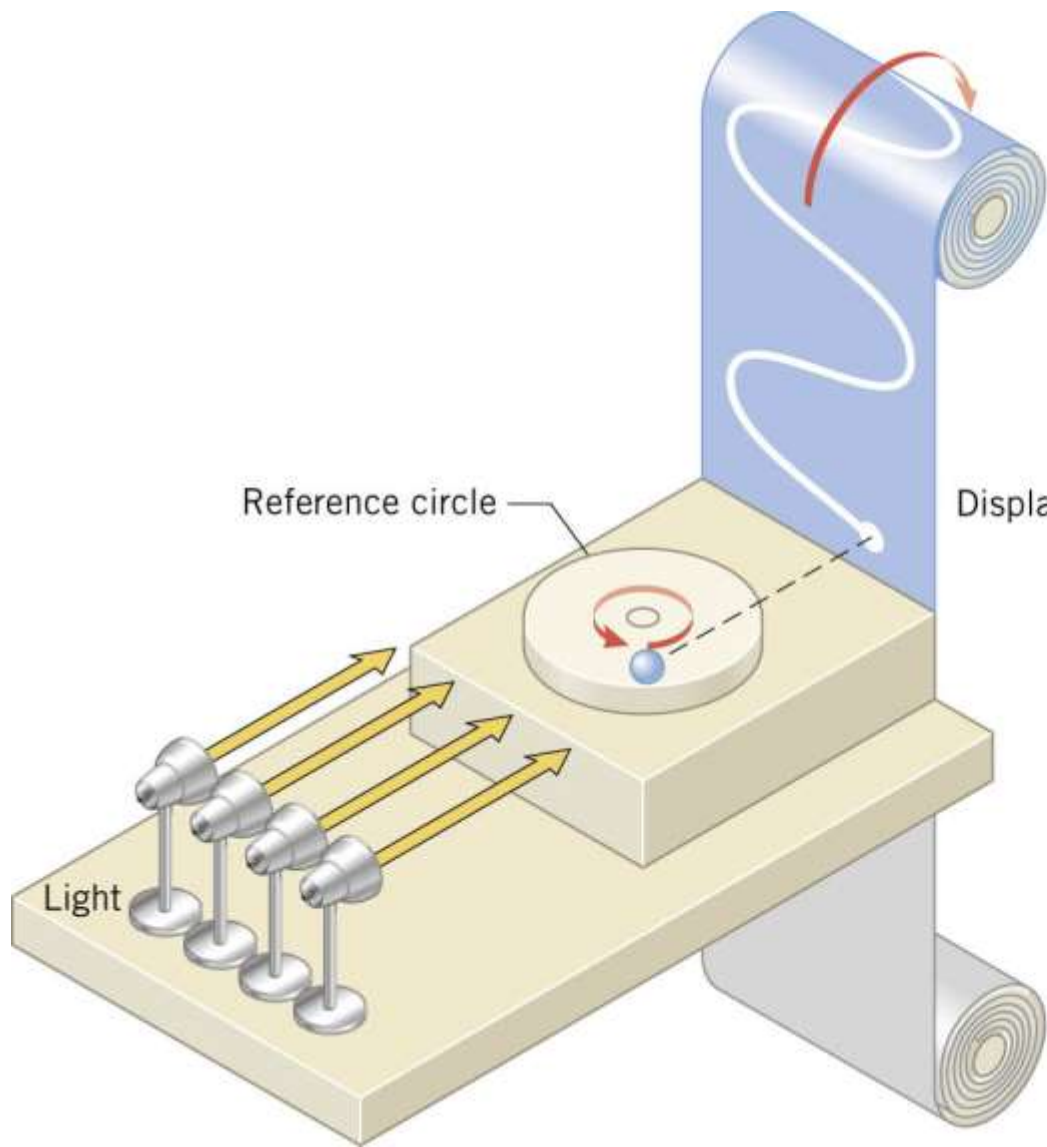
$$-kA\cos(\omega t + \phi) = -m \omega^2 A\cos(\omega t + \phi)$$

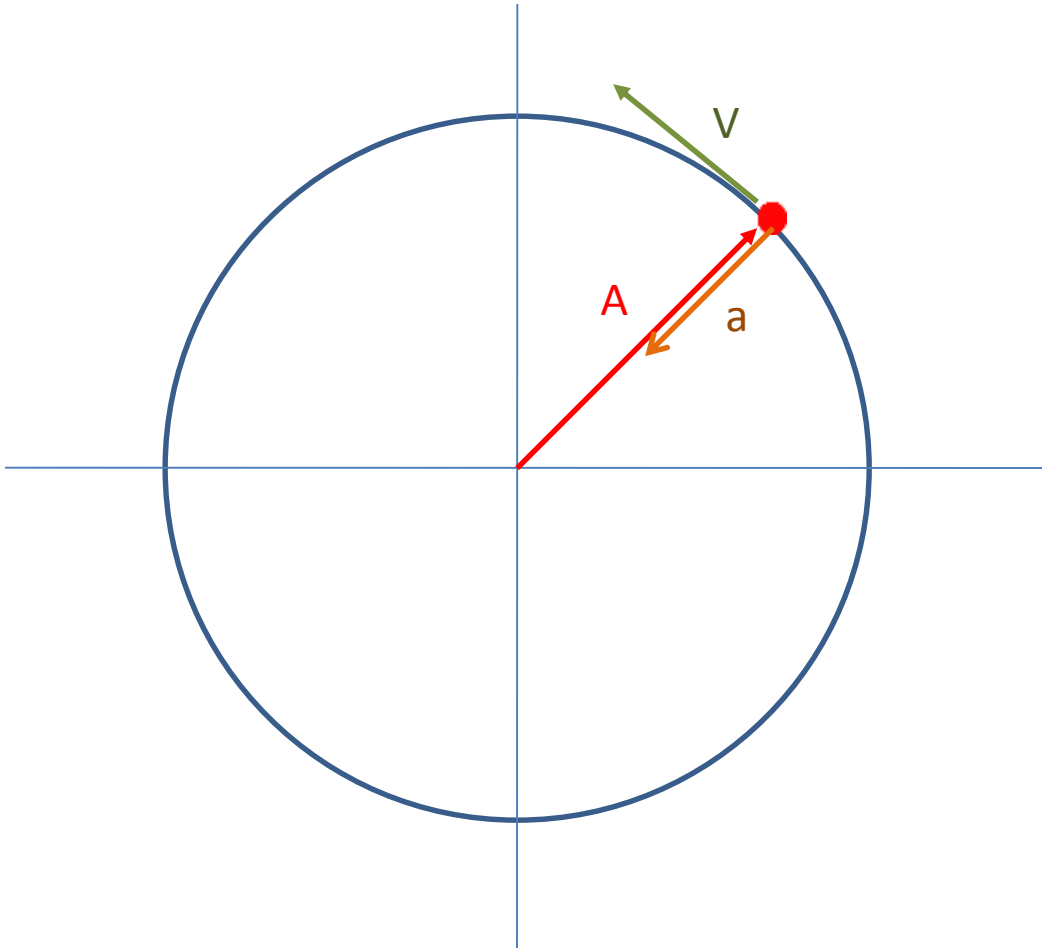
$$k = m\omega^2 \text{ or } \omega^2 = k/m$$

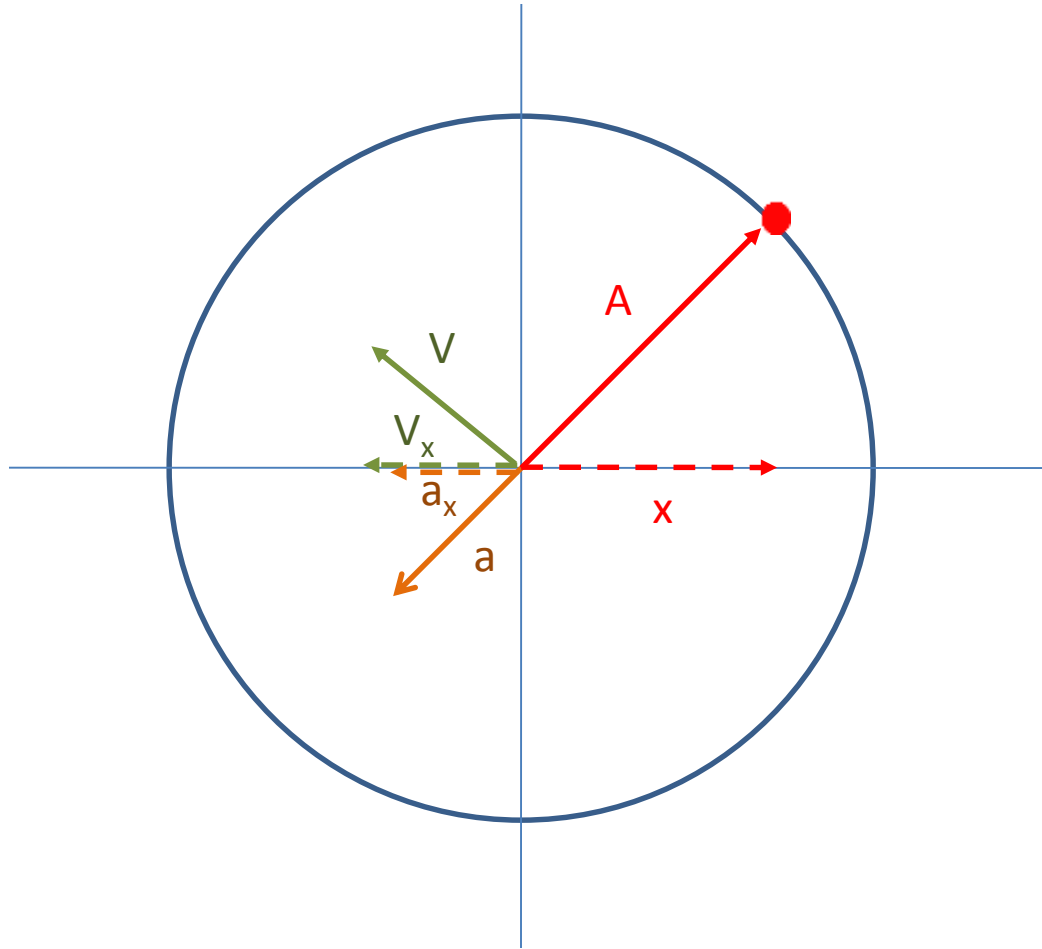
Note – No dependence on A

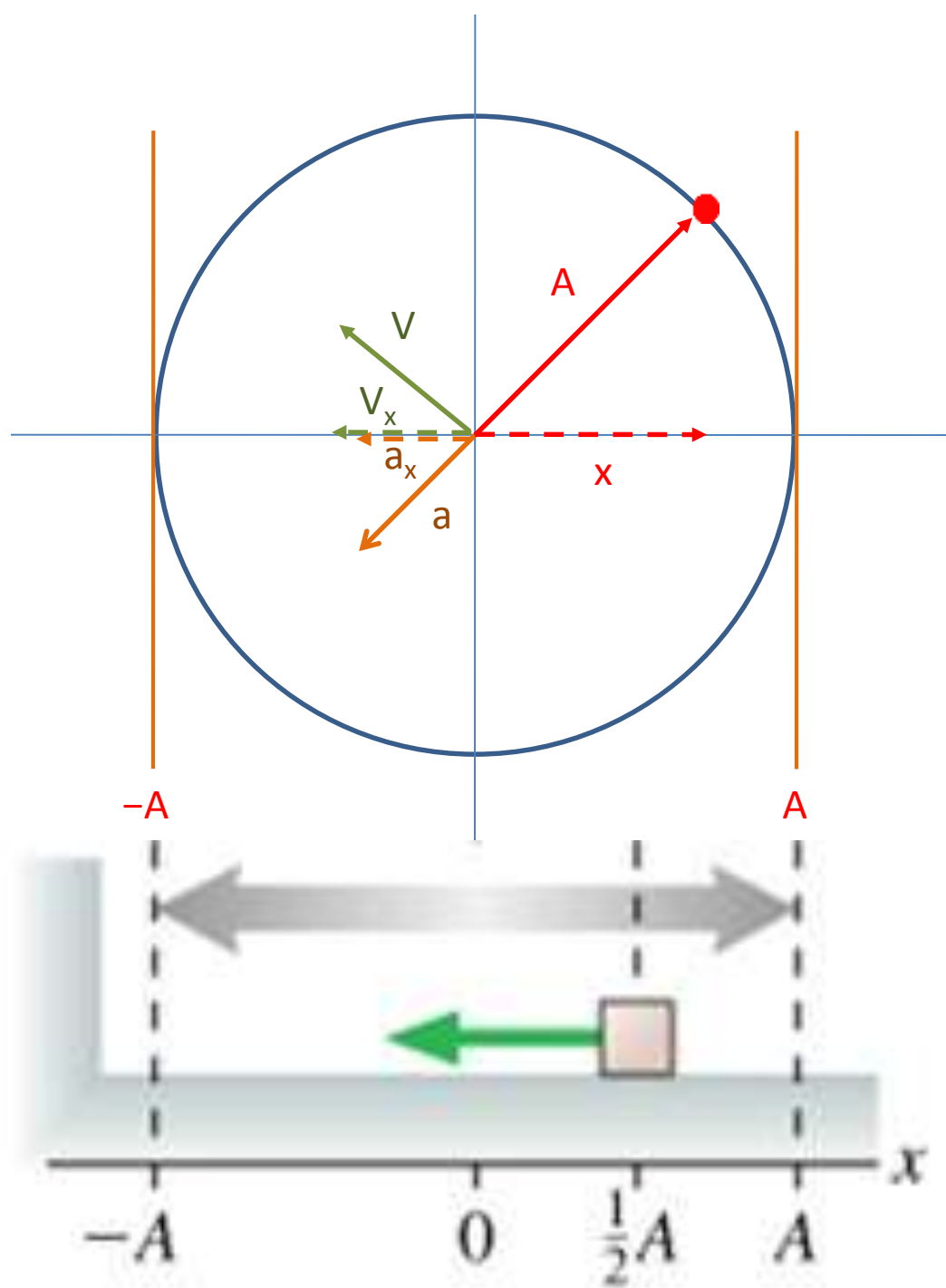
(a)

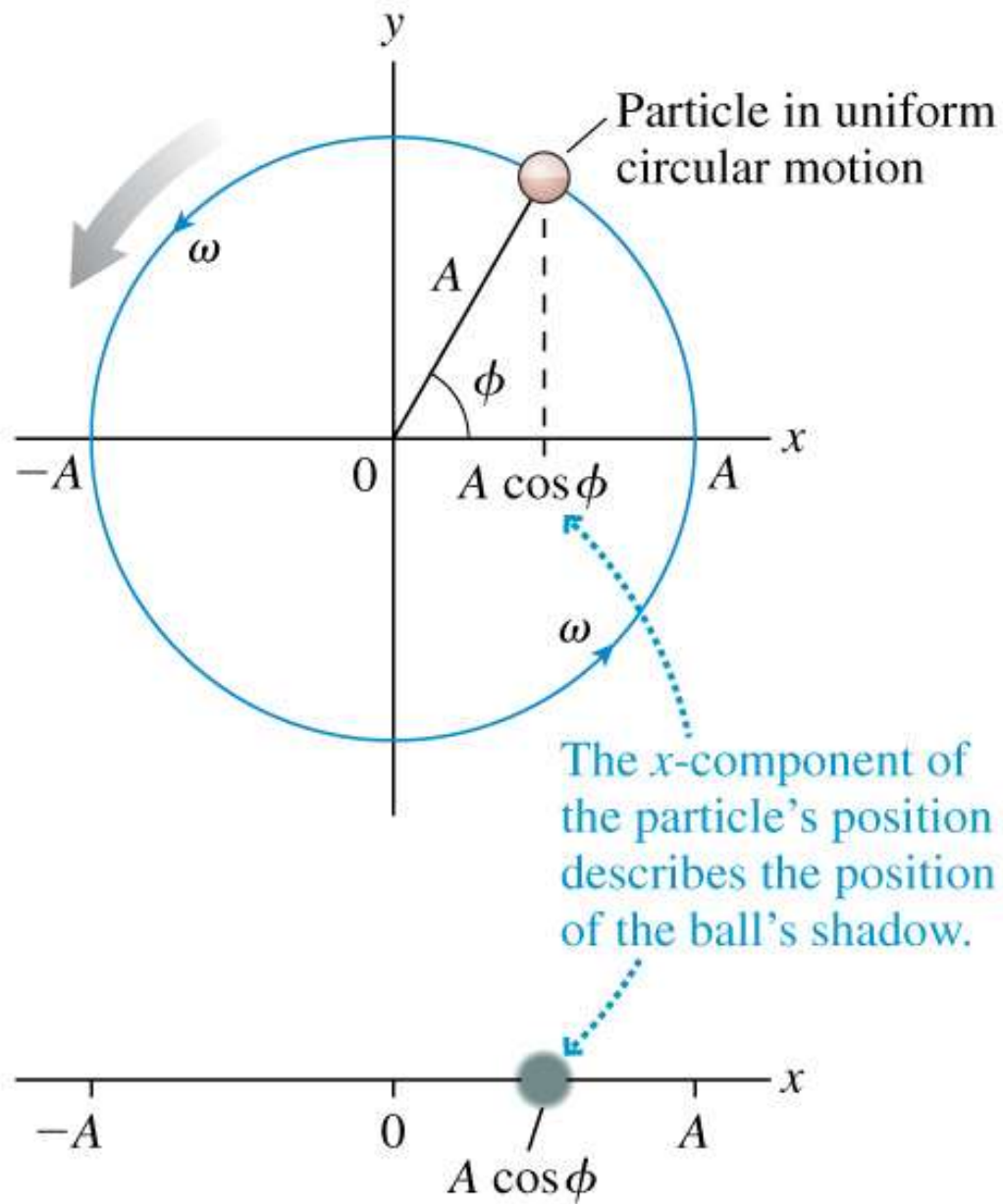


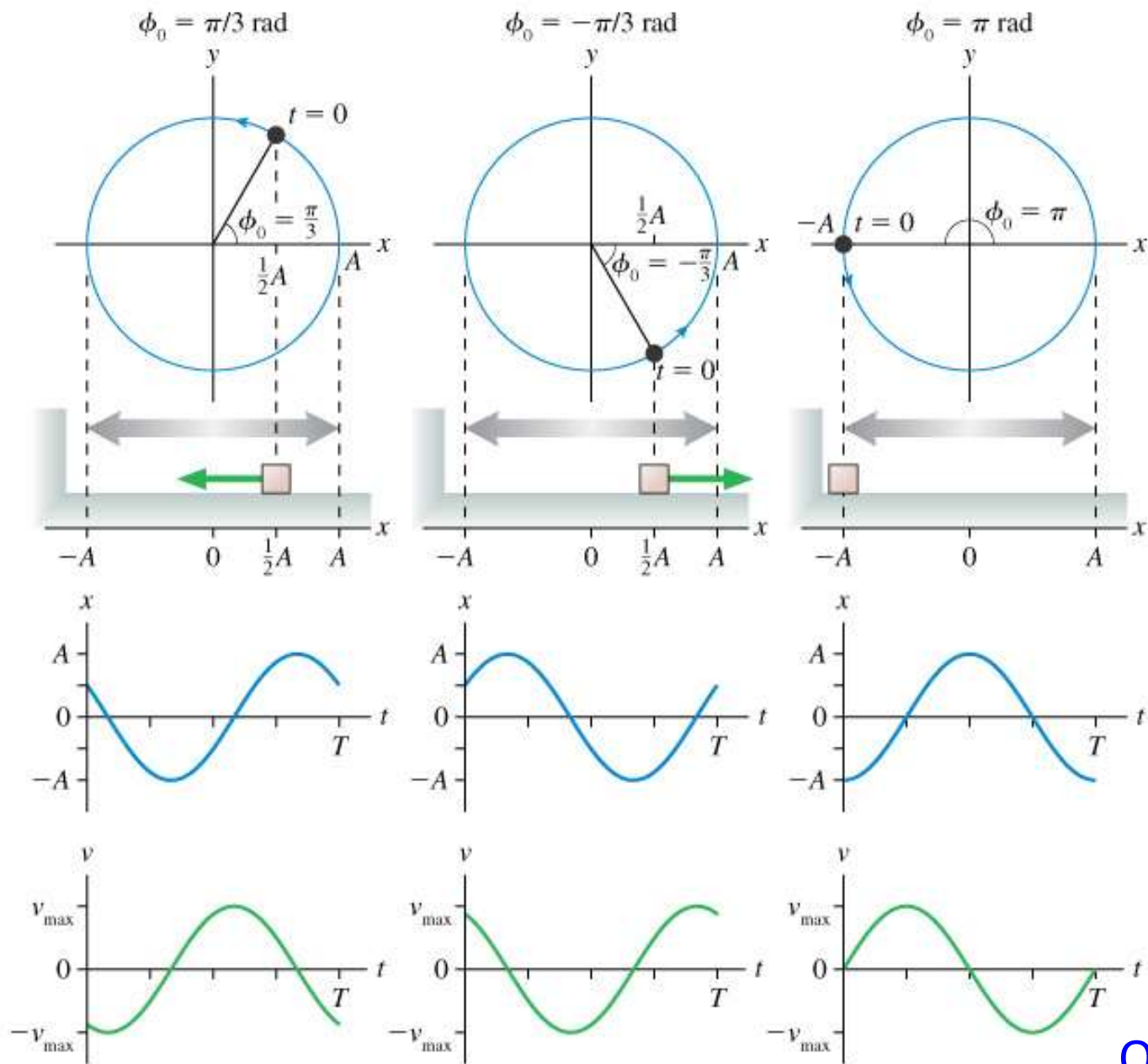






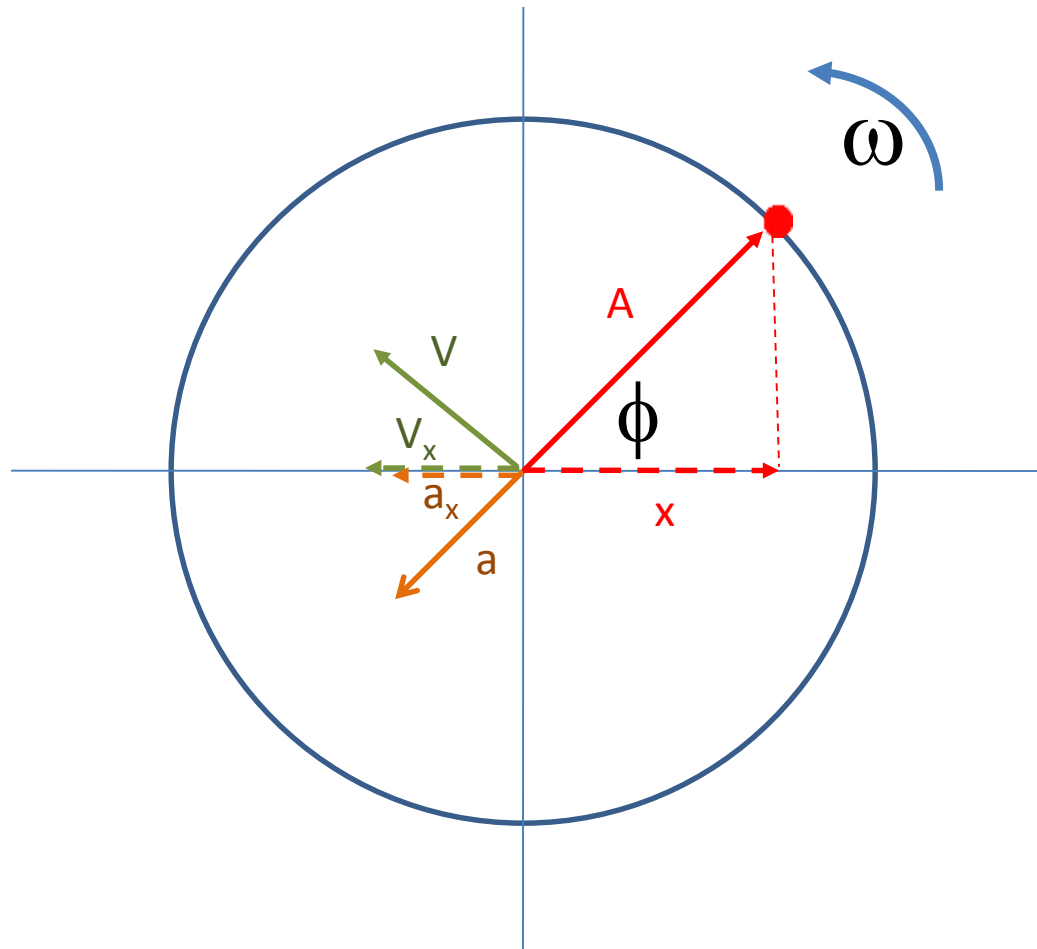






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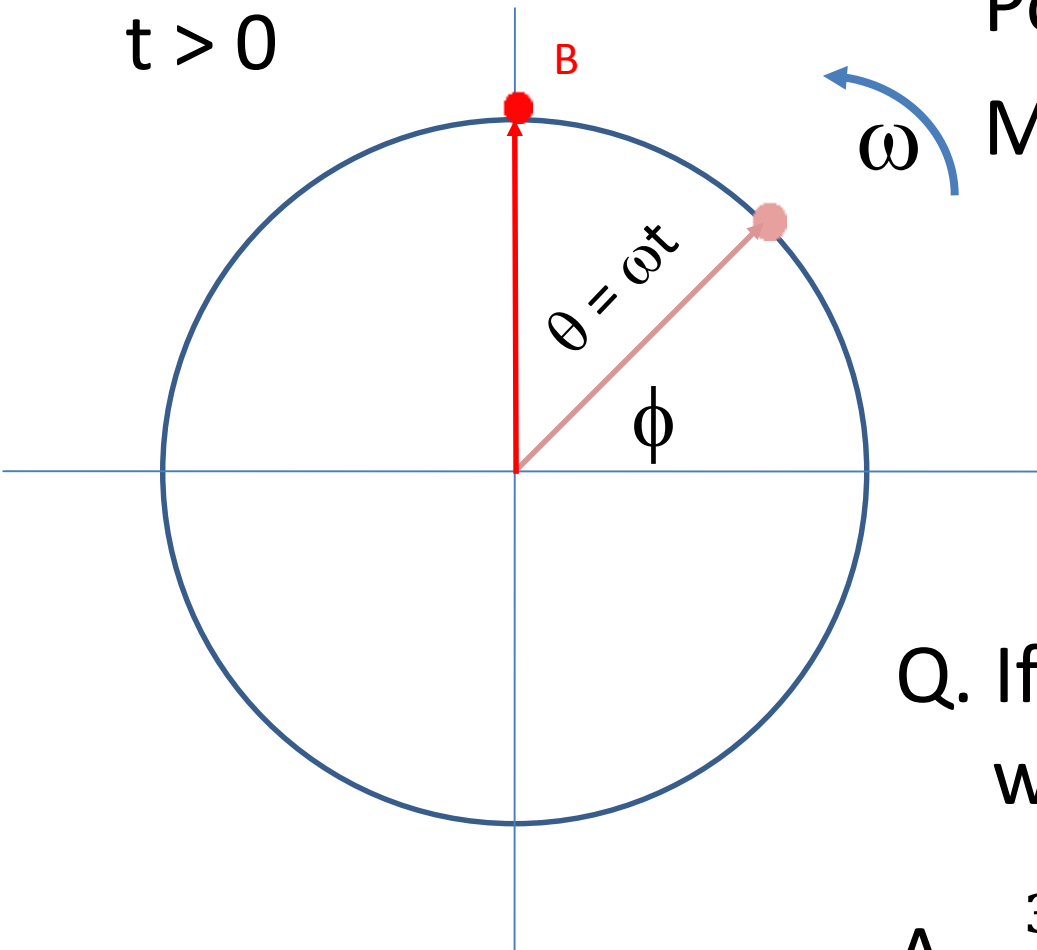
$t = 0$



If you know x and A , can find ϕ by simple trig.

Time and the Reference Circle

$t > 0$



Position repeats every T .

Move angle θ in time t .

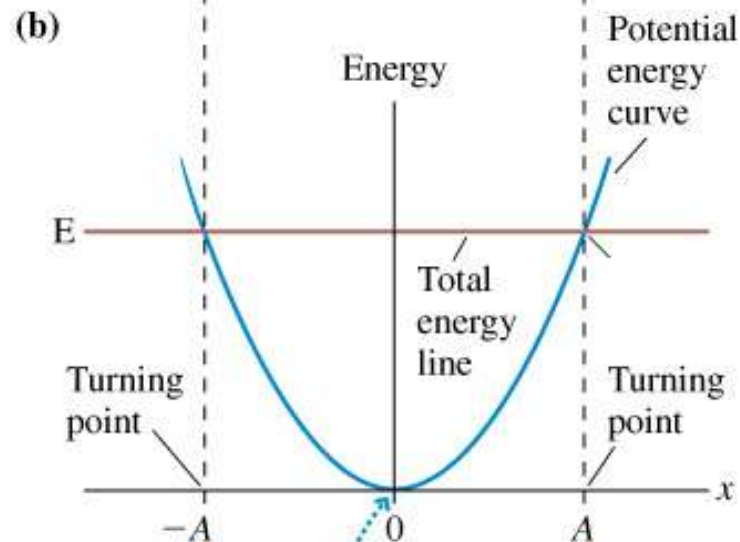
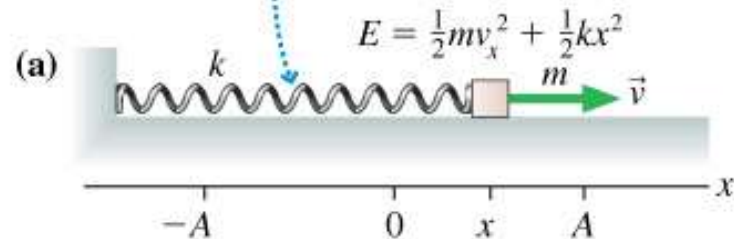
$$\theta = \omega t = \frac{2\pi}{T} t$$

$$\frac{\theta}{2\pi} = \frac{t}{T}$$

Q. If $T = 4$ s and $\phi = 30^\circ$,
when does B occur?

A. $\frac{30}{360} = \frac{t}{4} \rightarrow t = \frac{4}{12} \text{ sec}$

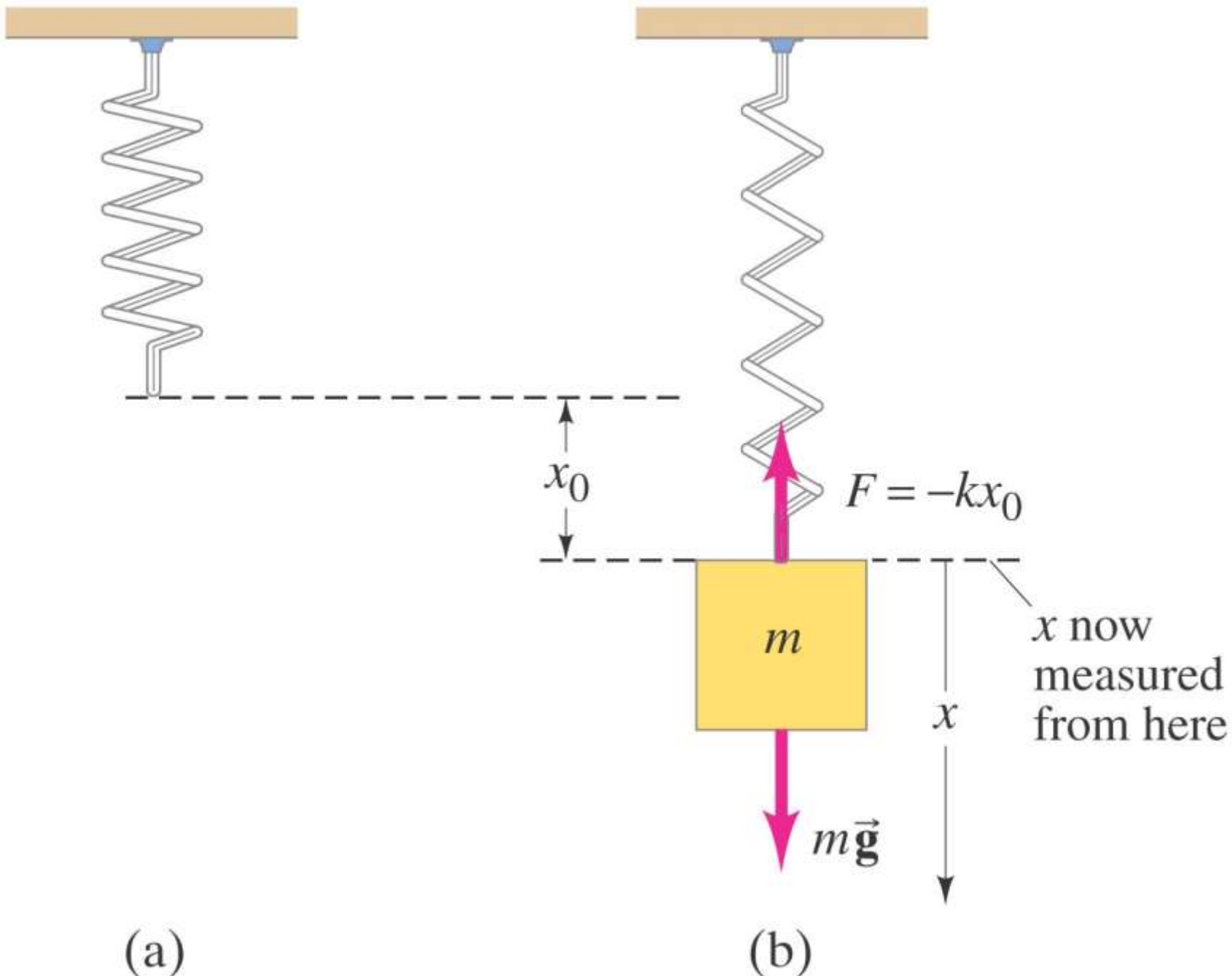
Energy is transformed between kinetic and potential, but the total mechanical energy E doesn't change.



Energy is purely kinetic.

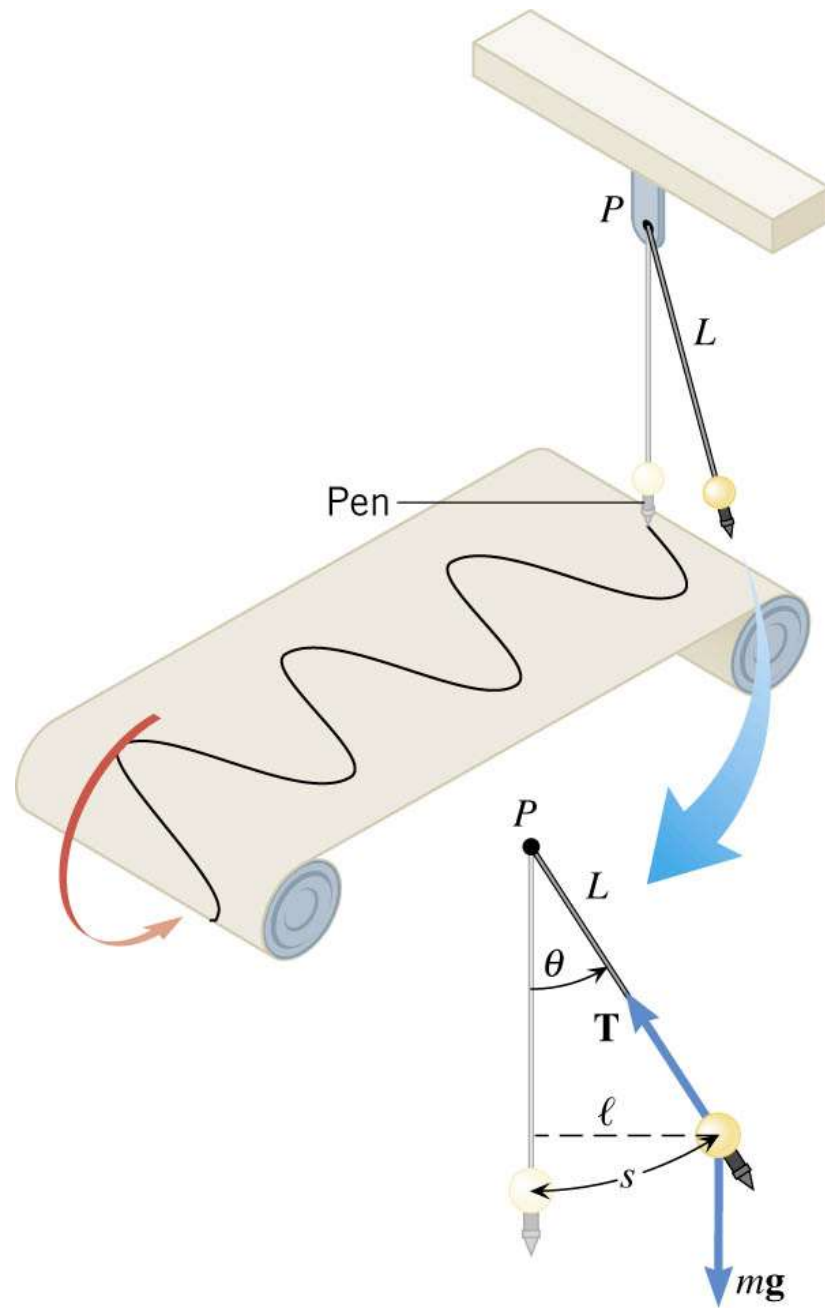
Energy is purely potential.

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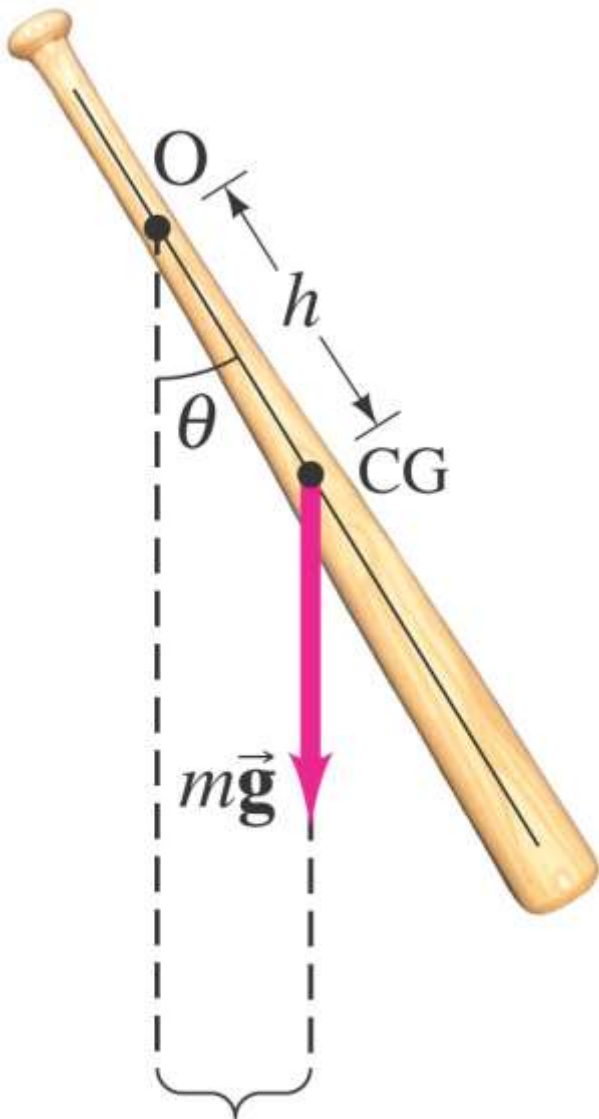


(a)

(b)



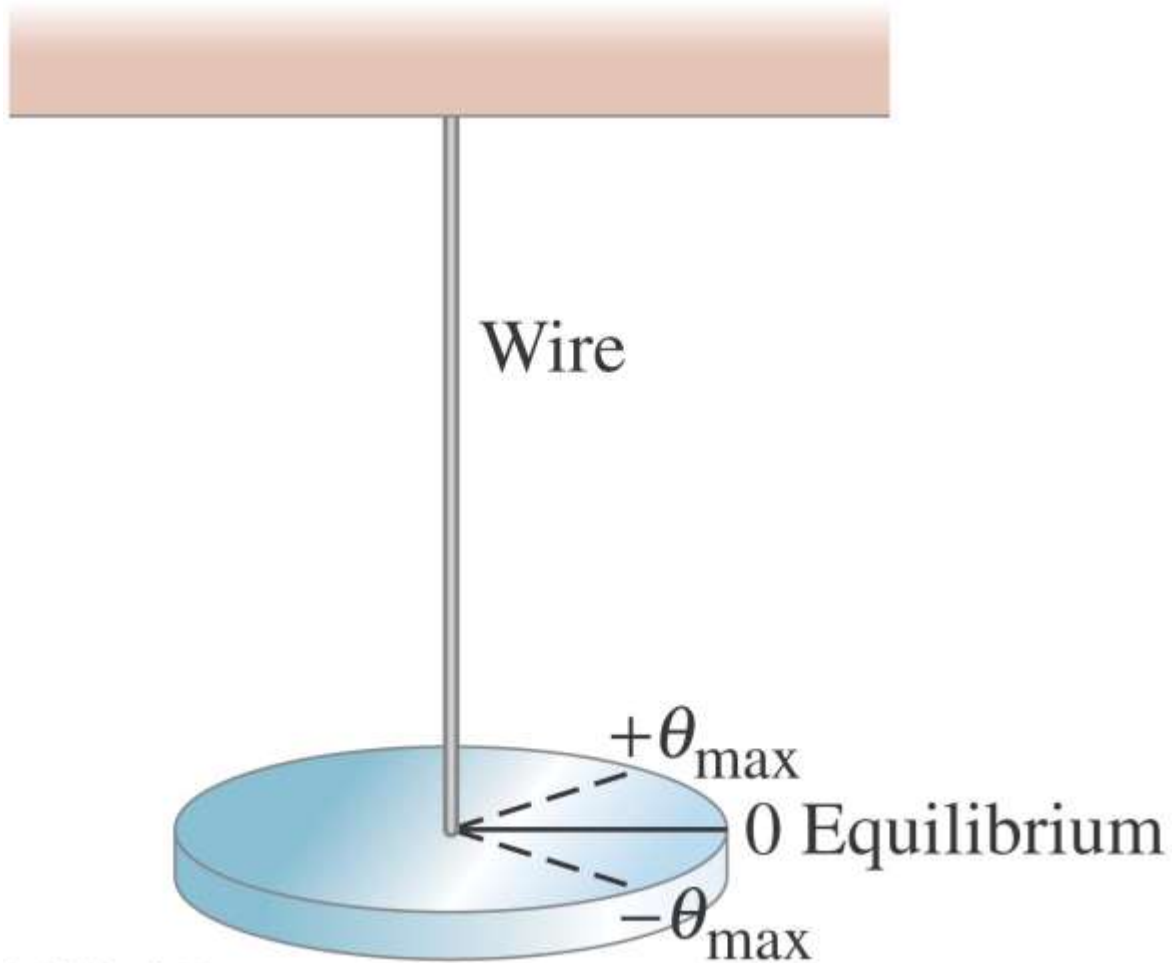
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$$d_{\perp} (= h \sin \theta)$$

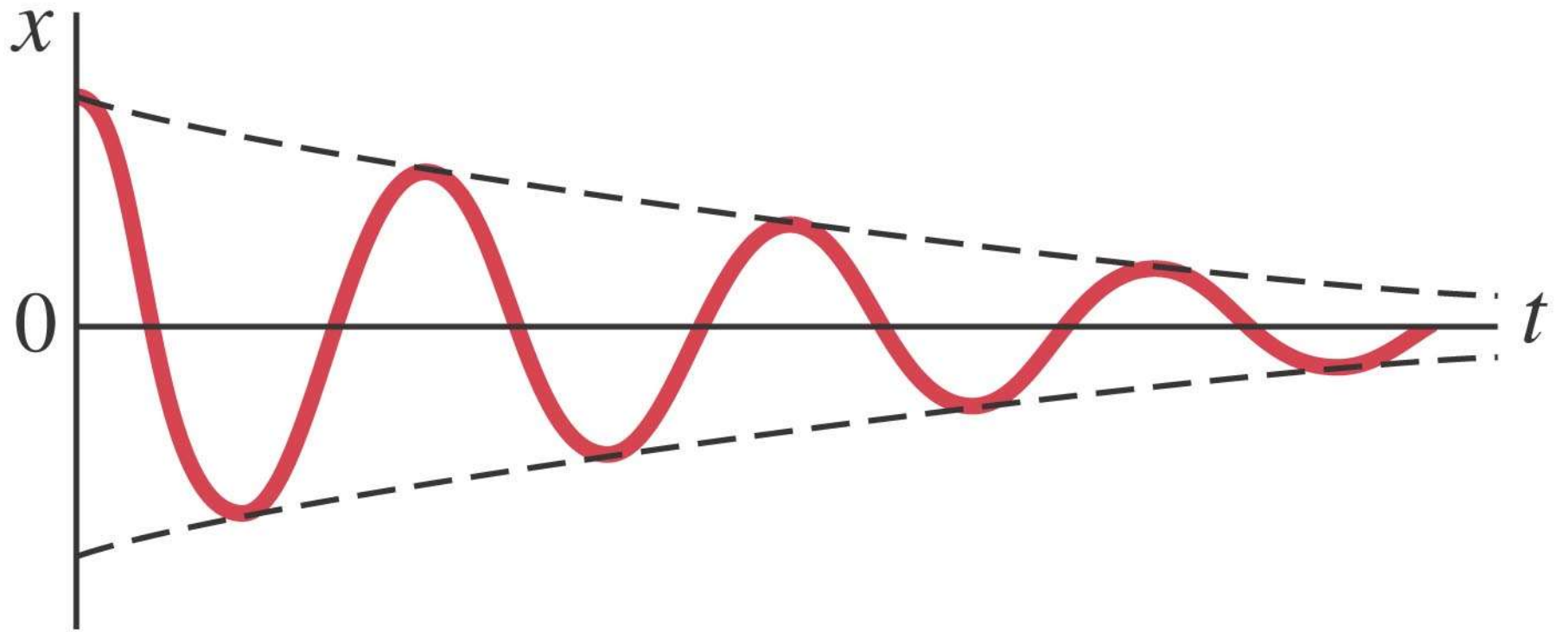
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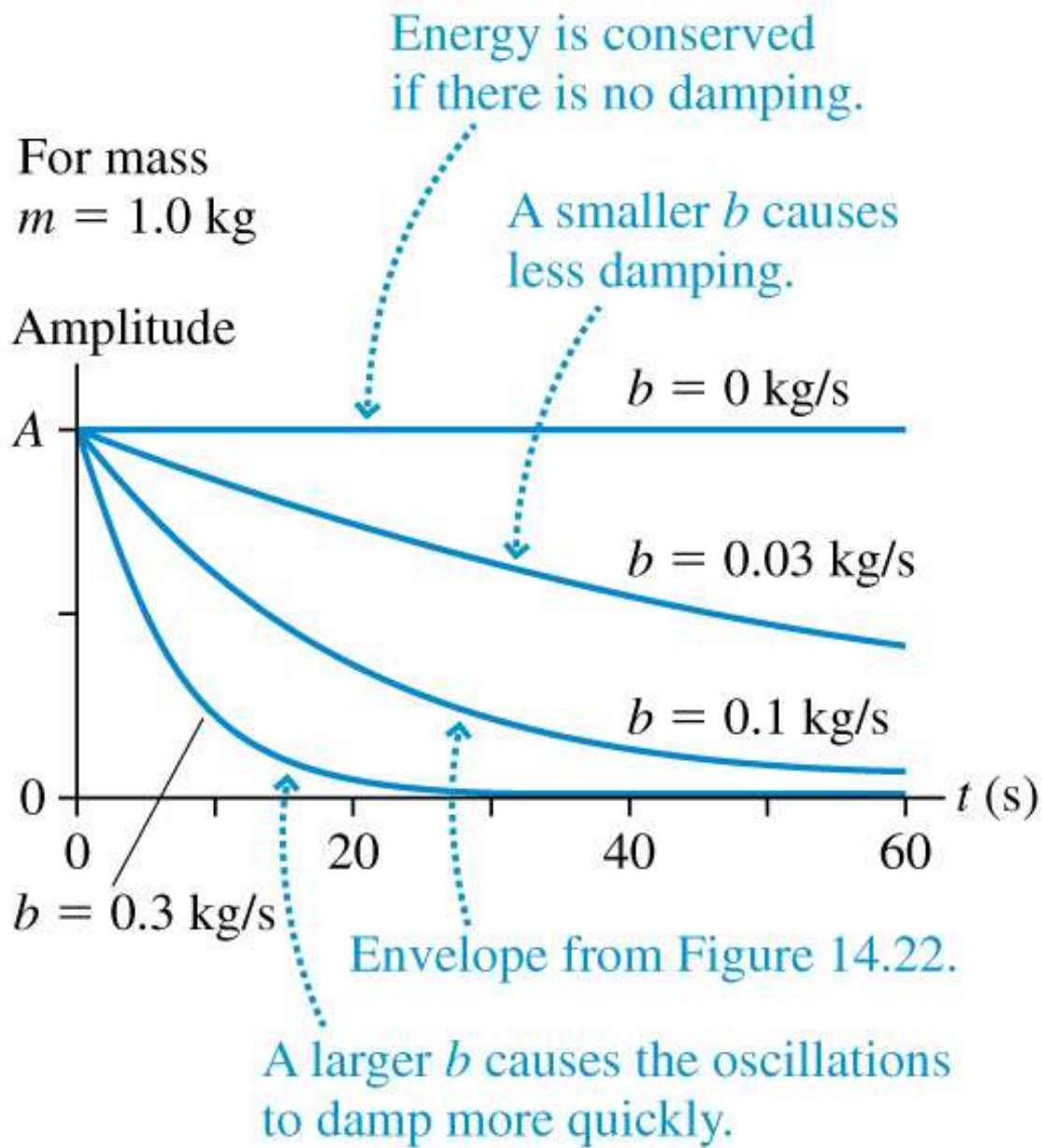
$$\omega = \sqrt{\frac{mgh}{I}}, \quad I \text{ is rotational inertia}$$

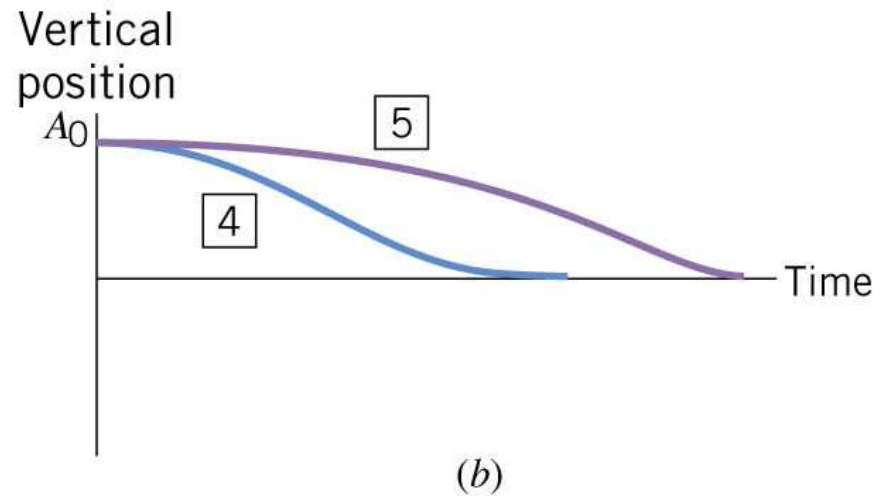
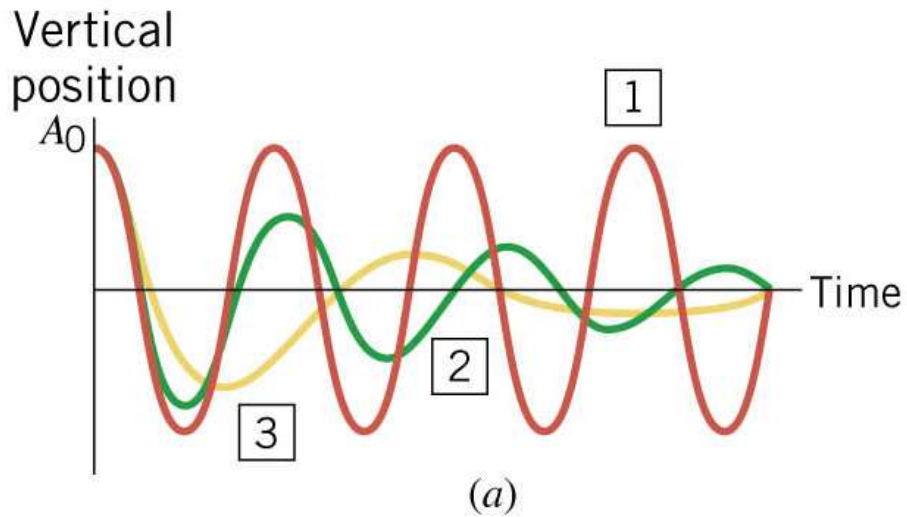
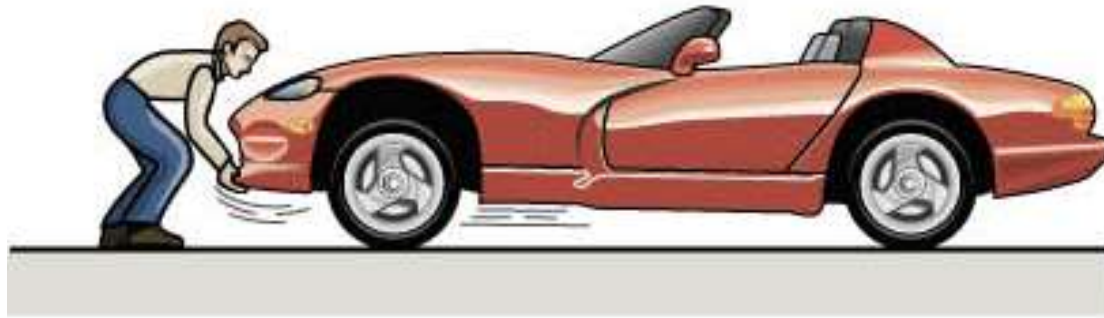


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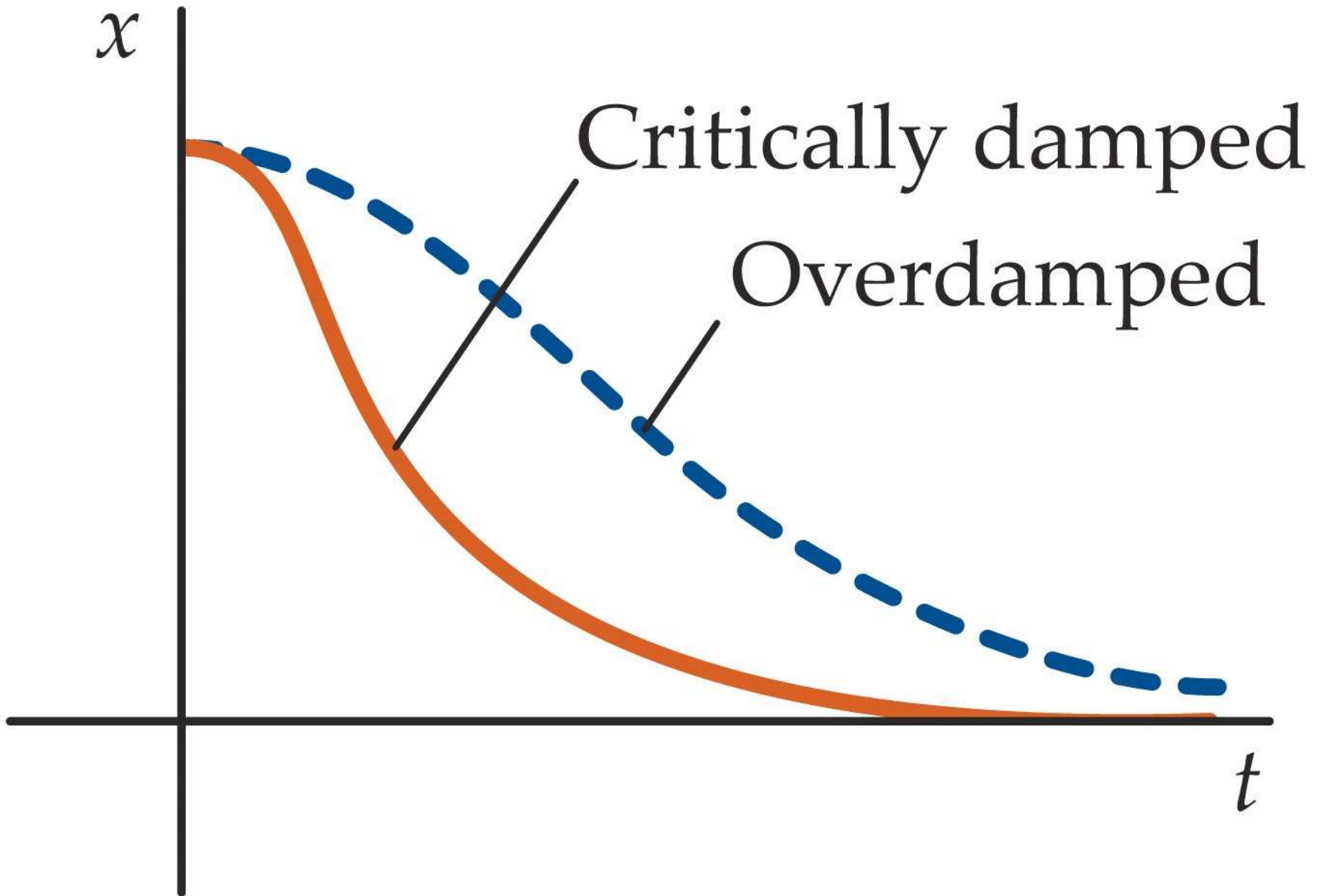
$$\omega = \sqrt{\frac{K}{I}}, \quad K \text{ wire stiffness}$$

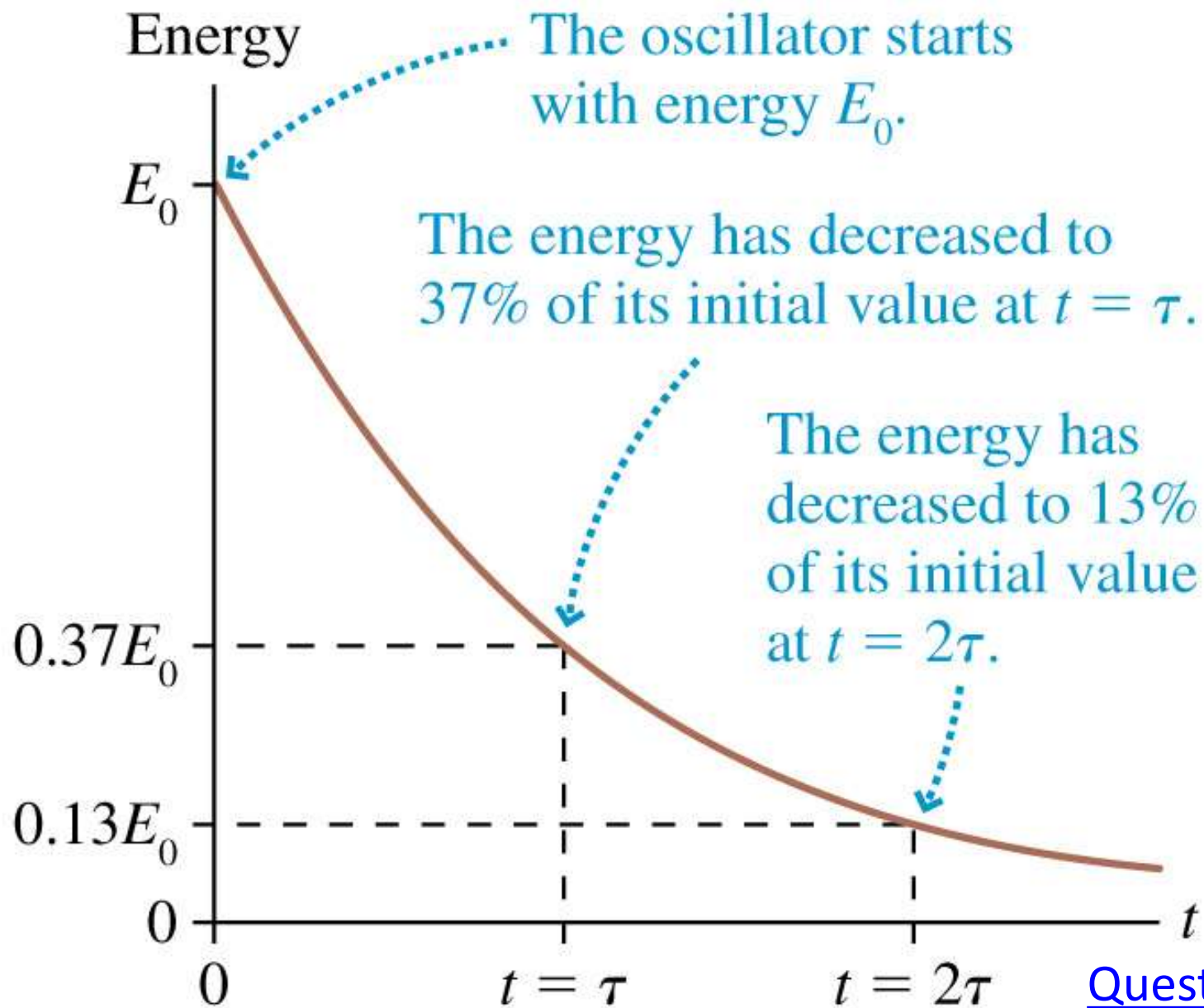




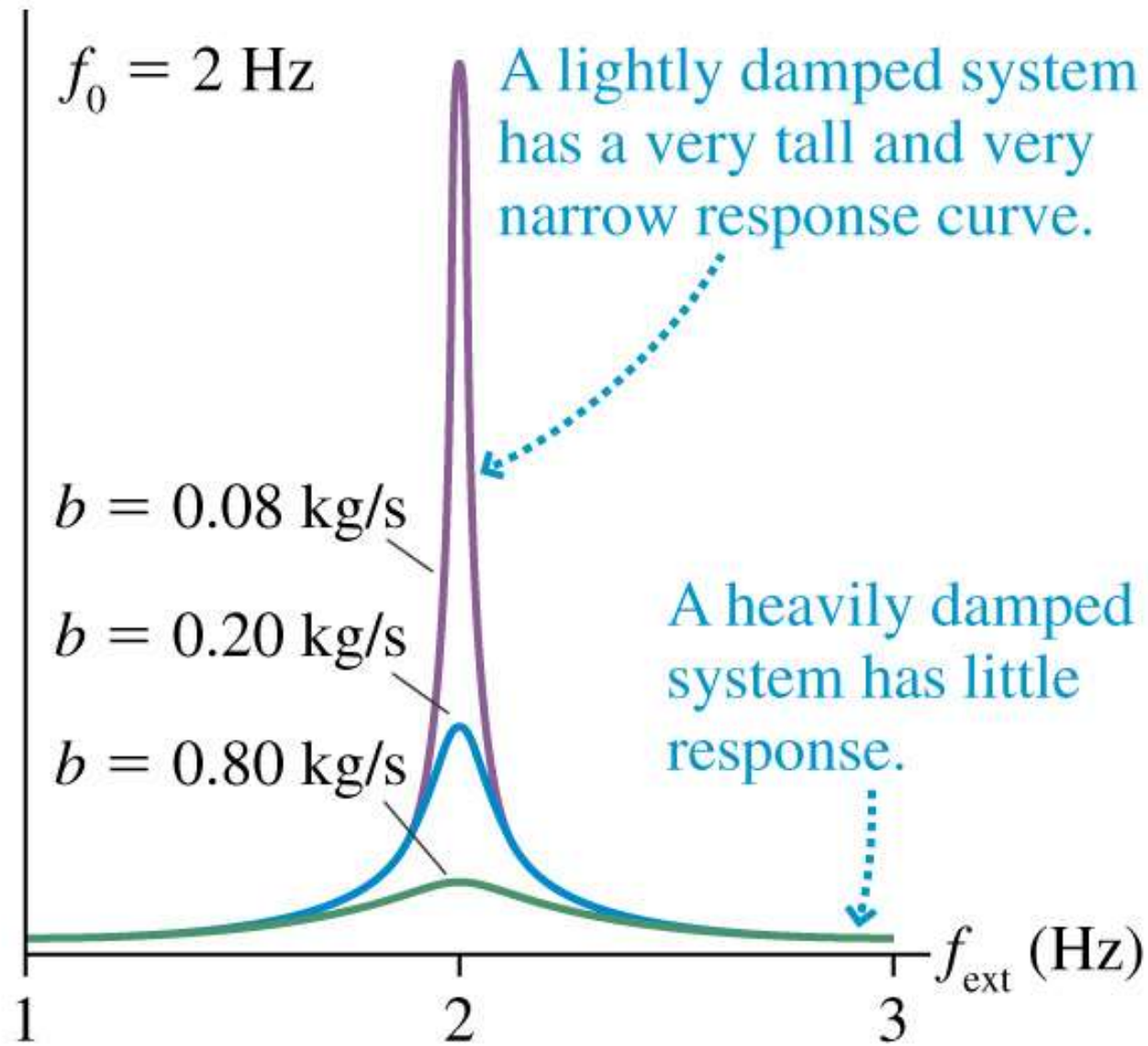


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Amplitude





(a)

[YouTube Video](#)