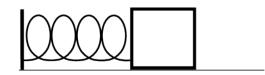
The *Total Mechanical Energy* of a system, E_T , is the sum of the total *Kinetic Energy* and the total *Potential Energy*.

a) Write a general expression for the *Total Mechanical Energy* of a mass on a spring an an arbitrary point in time.



b) Assume that the oscillator above has an amplitude A and frequency ω .

When the system is at maximum compression what is its Kinetic Energy?

When the system is at maximum compression what is its Potential Energy?

When the system is at equilibrium what is its Kinetic Energy?

When the system is at equilibrium what is its Potential Energy?

Consider a simple harmonic oscillator consisting of a mass on a spring.

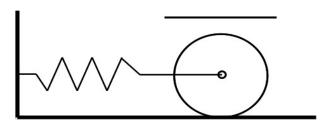
An oscillating block-spring system has a total mechanical energy of 1.00 J, an amplitude of of 10.0 cm, and a maximum velocity of 1.20 m/s.

- a) What is the spring constant?
- b) What is the mass of the block?

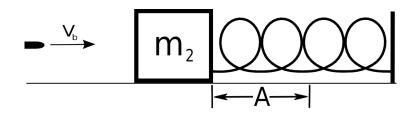
Use ENERGY techniques to answer the following question.

A solid cylinder of mass M=2 kg and radius R=1.0 m is attached to a horizontal spring with spring constant k=100 N/m. The cylinder can roll without slipping along the horizontal plane. When the system is displaced from the equilibrium position, it executes simple harmonic motion.

- a) Derive an expression for the period of the oscillations in terms of *M* and *k*.
- b) If the cylinder has a translational velocity of $v_0=5.0$ m/s as it passes through equilibrium, find the phase constant, the amplitude, and the maximum acceleration of the system.



A block of mass $m_2 = 10$ kg attached to a spring with spring constant k = 5 N/m is oscillating with an amplitude of $A_1 = 1.5$ m horizontally on a frictionless surface. When the spring has reached its maximum extension to the left, it collides with a bullet with a mass m_1 moving with a velocity V_b towards the right.

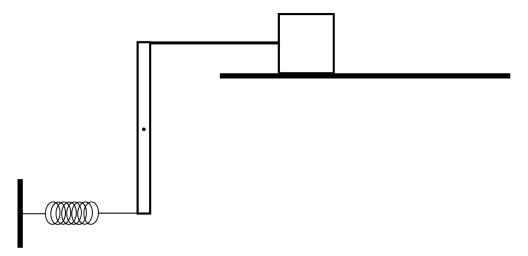


a) Without writing down any equations, will the post collision amplitude of the oscillator, A_F , be greater than, less than, or equal to the pre-collision amplitude of the oscillator. Explain.

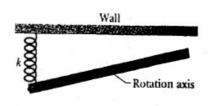
- b) Use Conservation of Energy to find the post collision amplitude of the oscillator.
- c) Use Energy to find the post-collision oscillator frequency.

Use ENERGY techniques to answer the following question.

A block of mass M resting on a frictionless surface is attached to a stiff rod of negligible mass. The other end of the rod is attached to the top of a thin bar of length l mass M that is allowed to rotate about its center. The bottom of a bar is attached to a light spring of spring constant k. The spring is relaxed when the bar is vertical. Find the frequency of small oscillations.



A long uniform rod of length L and mass m is free to rotate in a *horizontal* plane about a vertical axis through its center (the picture shows a *top* view). A spring with force constant k is connected horizontally between one end of the rod and a fixed wall. When the rod is in equilibrium, it is parallel to the wall.



What is the period of the *small* oscillations that result when the rod is rotated slightly and then released? $I_{cm} = \frac{1}{12}ML^2$ for the rod.

- a) Use Newton's Second Law to find the oscillator frequency.
- b) Use Energy Techniques to find the oscillator frequency.

Two particles are in simple harmonic motion in a straight line. They have the same amplitude and a period of 1.5 s but differ in phase by $\pi/6$ radians.

- a) How far apart are they from one another (in terms of A) when the lagging particle is at its maximum position?
- b) Are they moving in the same direction or opposite directions?
- c) How far apart are they 0.5 seconds later?
- d) Are they moving in the same or opposite directions then?