

1. A 600 g mass is hung from a vertical spring. It oscillates up and down with a period of 0.500 s. The mass is pushed up from its equilibrium position ($y = 0$) by 10.0 cm and released.
- Write an equation for the vertical position of the mass as a function of time, t , after the mass was released.
 - What is the maximum speed of the mass?
 - What is the spring constant, k , of the spring?
 - What is the maximum net force exerted on the mass?
 - If the mass were given an initial downward speed of 1.00 m/s at $t = 0$, instead of being released from rest, what would be the new answers for parts (b) and (c).



5 pts

5

(a) $\omega = \frac{2\pi}{T} = \frac{2\pi}{0.5 \text{ s}} = 4\pi \text{ s}^{-1} = 12.57 \text{ Hz}$

$y(x) = y_m \cos(\omega t + \phi)$
 at $t=0$ $y = y_m \Rightarrow \phi = 0$; $y_m = 0.1 \text{ m}$

$y = (0.1 \text{ m}) \cos(4\pi t)$

5

(b) $v = dy/dt = -y_m \omega \sin(\omega t)$
 $v_m = y_m \omega = (0.1 \text{ m})(4\pi \text{ s}^{-1}) = 1.26 \text{ m/s}$

5

(c) $k = m \omega^2 = (0.6 \text{ kg})(4\pi \text{ s}^{-1})^2 = 94.7 \text{ N/m}$

5

(d) $F_m = k y_m = (94.7 \text{ N/m})(0.1 \text{ m}) = 9.47 \text{ N}$

or $F_m = m a_m = m(\omega^2 y_m)$

6

(e)

Now $E = \frac{1}{2} k x_0^2 + \frac{1}{2} M v_0^2$

k does not change, depends only on spring properties
 $E = \frac{1}{2} (94.7 \text{ N/m})(0.1 \text{ m})^2 + \frac{1}{2} (0.6 \text{ kg})(1 \text{ m/s})^2 = 0.774 \text{ J}$

also $E = \frac{1}{2} m v_m^2$
 $\therefore v_m = \sqrt{2E/m} = \sqrt{\frac{2(0.774 \text{ J})}{0.6 \text{ kg}}} = 1.61 \text{ m/s}$

4

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web in these cases the care manager can help people articulate goals 3 4 goal setting discussions are most successful when the individual trusts their care manager once trust is established people tend to be more open to discussing their strengths and objectives care managers can listen for cues that indicate a readiness to set goals such as