Chapter 11, Solution 24.

$$T = 2, \qquad v(t) = \begin{cases} 5, & 0 < t < 1 \\ -5, & 1 < t < 2 \end{cases}$$

$$V_{rms}^2 = \frac{1}{2}\left[\int_0^1 5^2 \, dt + \int_1^2 (-5)^2 \, dt\right] = \frac{25}{2}[1+1] = 25$$

$$V_{rms} = \mathbf{5\ V}$$