

$$a_{av-x} = \frac{v_{2x} - v_{1x}}{t_2 - t_1}, \quad \text{At } t=0: v_{1x} = 3 \text{ m/s} \quad \text{At } t=5\text{s}: v_{2x} = 5.5 \text{ m/s}$$

$$a_{av-x} = \frac{5.5 \frac{\text{m}}{\text{s}} - 3 \frac{\text{m}}{\text{s}}}{5\text{s}} = .5 \frac{\text{m}}{\text{s}^2}$$