

Question 9

What we know:

Spring was compressed: 0.011 m, traveled $\Delta x = 1.93$ m

Target box distance: $\Delta x = 2.200$ m

How far should the spring be compressed to travel 2.200 meters?

No friction, $g = 10 \text{ m/s}^2$

$$\text{Spring KE} = \frac{1}{2} k x^2$$

$$mgh = mg$$

original compression
 \swarrow
 $0.011 k = 1.93$

$$k = 175.45$$

Spring constant

$$175.45 x = 2.2$$

$$x = 0.013$$

\uparrow
desired compression

Rhoda should compress the spring by 0.0125 m (1.25 cm)
to reach the target

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