

Problem 1: The H.M.S. S.H.M. [comprehension, ★]

A BOAT AT ANCHOR BOBS up and down with the waves. The boat moves 5 cm above and 5 cm below its equilibrium position, and makes one complete up-and-down cycle every 4 s. What are the amplitude, period, frequency, and angular frequency of the motion?

The amplitude is $A = 5 \text{ cm}$, and the period is $T = 4 \text{ s}$. The frequency and angular frequency are given by

$$f = \frac{1}{T} = \frac{1}{4 \text{ s}} = 0.25 \text{ Hz}$$

$$\omega = 2\pi \times f = 2\pi \times 0.25 \text{ Hz} = 1.57 \text{ rad/s} \quad \square$$

