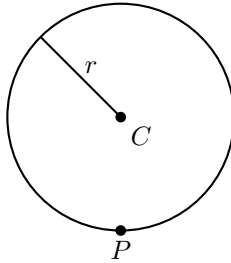


Exam Formula Sheet

All objects below have mass m .

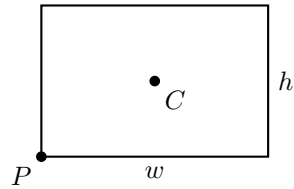
uniform disk



$$I_C = \frac{1}{2}mr^2$$

$$I_P = \frac{3}{2}mr^2$$

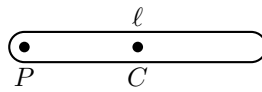
uniform rectangle



$$I_C = \frac{1}{12}m(w^2 + h^2)$$

$$I_P = \frac{1}{3}m(w^2 + h^2)$$

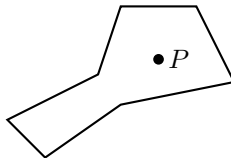
uniform rod



$$I_C = \frac{1}{12}m\ell^2$$

$$I_P = \frac{1}{3}m\ell^2$$

general shape



$$I_P = \int_V \rho r^2 dV$$