

7. 已知 α 为锐角, $\cos \alpha = \frac{1+\sqrt{5}}{4}$, 则 $\sin \frac{\alpha}{2} =$ ().

A. $\frac{3-\sqrt{5}}{8}$

B. $\frac{-1+\sqrt{5}}{8}$

C. $\frac{3-\sqrt{5}}{4}$

D.

$\frac{-1+\sqrt{5}}{4}$