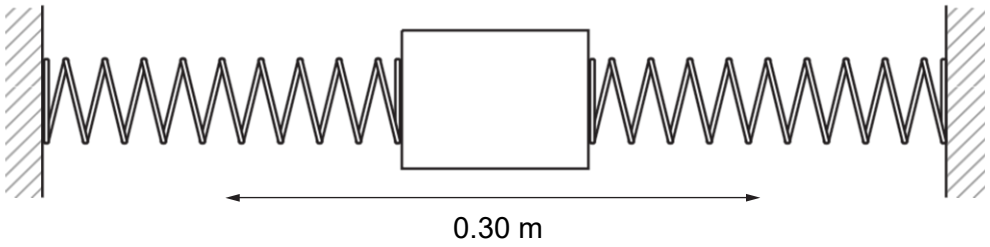
11 An object of mass 0.60 kg is held in place by two horizontal springs. It is displaced sideways and undergoes simple harmonic motion of period 5.0 s. In each oscillation, it moves from left to right through a total distance of 0.30 m.



What is the total energy of the simple harmonic motion?

A 4.3×10^{-3} J **B** 1.1×10^{-2} J **C** 1.7×10^{-2} J **D** 4.3×10^{-2} J