Goals for the Lecture:

- 1) Understand that cyclical motion can be described by sin and cos trig
- 2) Understand how energy is conserved in SHM and use it to solve problems Understand how these concepts relate to the pendulum and use them to solve problems

SHW

worksheet P. 226

$$f = \frac{1}{T} = \frac{1}{8} H_2$$

$$\omega = 2\pi f = \frac{\pi}{4} \quad \text{val} \quad S$$

$$V(t) = -\omega A \sin(\omega t + \delta)$$









