

### 4.1 Simple Harmonic Motion

**Oscillatory Motion** - repetitive back and forth motion (ie. wings, strings vibrating, electrical current)

**Cycle** - one complete oscillation

**Period** - the amount of time it takes to complete one revolution

**Frequency** - oscillations/cycles per second

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

f = frequency in hertz (Hz) or cycles/second

T = period (seconds)

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



Ex.) The wings of a Canadian Goose flap 200 times per minute.

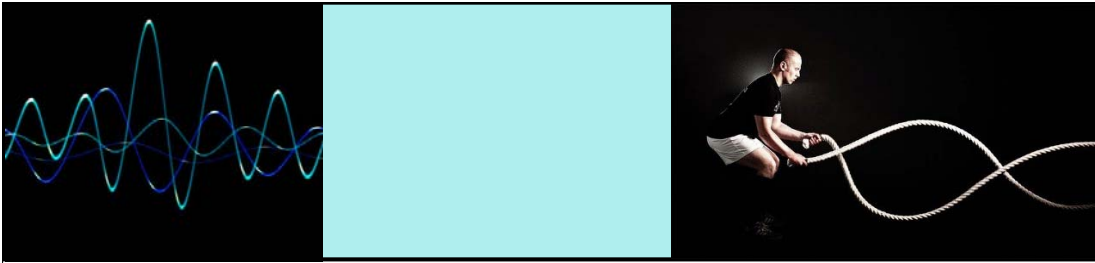
a) What is the frequency of the flap?

b) What is the period of the flap?

$$a) \frac{200 \text{ times}}{60 \text{ s}} = \frac{f}{1 \text{ s}} \quad \boxed{f = 3.\bar{3} \text{ Hz}}$$

$$b) T = \frac{1}{f} = \boxed{0.3 \text{ s to flap once}}$$



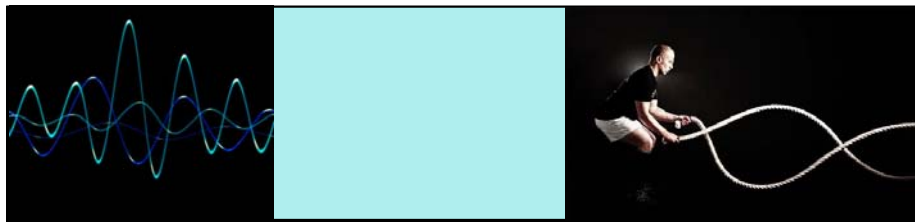


An oscillating object needs a force to keep it going. When the force comes from inside the system it is called a **restoring force**. Any oscillating system which has a restoring force acting against the displacement to keep an object in motion is a simple harmonic oscillator and exhibits simple harmonic motion.

One example is this mass sliding along a frictionless surface attached to a spring. The spring is providing the restoring force to this system:



Analyze this motion in further detail on page 355. Then look at a vertical set up on page 356.



Ex.) Two springs are hooked together and one end is attached to a ceiling. Spring A has a  $k = 25 \text{ N/m}$  and spring B has a  $k = 60 \text{ N/m}$ . A mass weighing  $40.0 \text{ N}$  is attached to the free end of the spring system. What is the total displacement of the mass?

$$F_g = F_{rA}$$

$$-40.0 = k \vec{x}_A$$

$$-40.0 = 25 \vec{x}_A$$

$$\vec{x}_A = -1.6 \text{ m}$$

$$F_g = F_{rB}$$

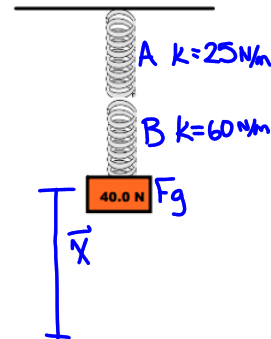
$$-40.0 = 60 \vec{x}_B$$

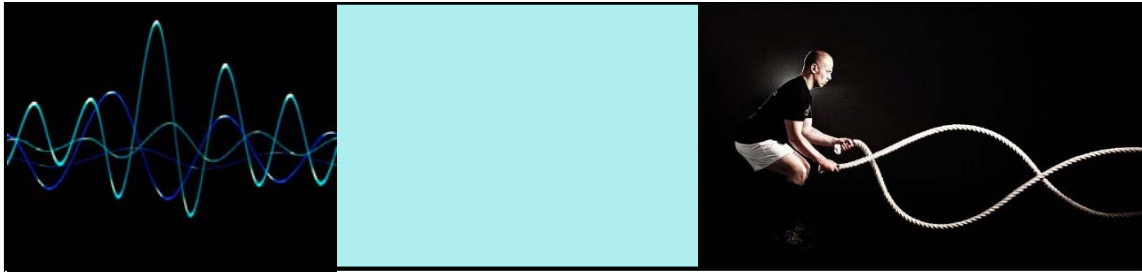
$$\vec{x}_B = -0.6 \text{ m}$$

$$\vec{x}_{\text{total}} = \vec{x}_A + \vec{x}_B$$

$$= -1.6 + -0.6$$

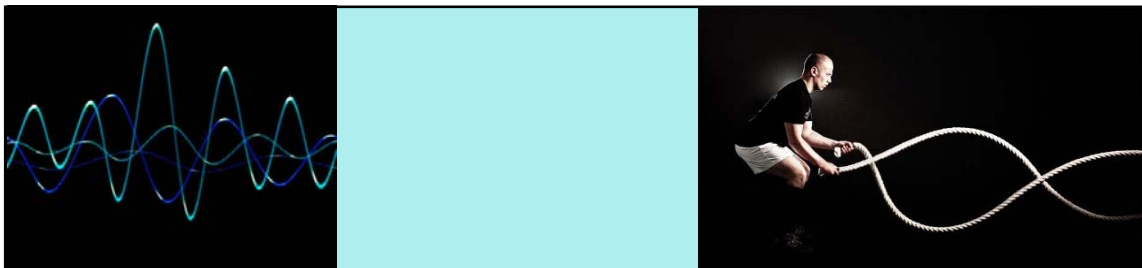
$$= -2.3 \text{ m} = \boxed{2.3 \text{ m [down]}}$$





The following rules apply for objects undergoing Simple Harmonic Motion:

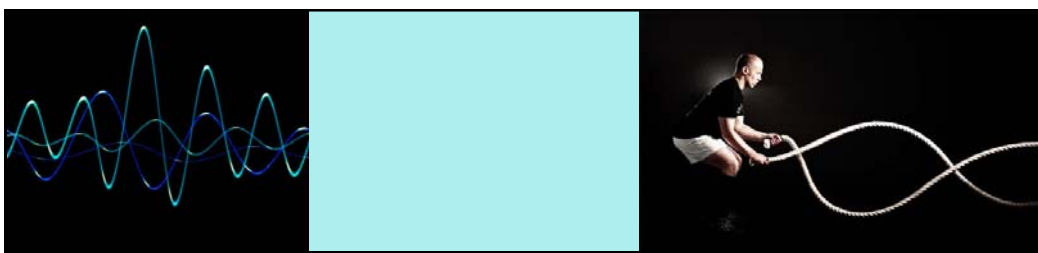
- there is a restoring force acting in the opposite direction of the displacement (a force acting opposite of the movement to pull the object back and keep it oscillating)
- at the maximum displacements, the restoring force is at its maximum. This displacement is called the oscillators amplitude. The velocity at this point is zero.
- at equilibrium, the restoring force is zero and the velocity is at its maximum.



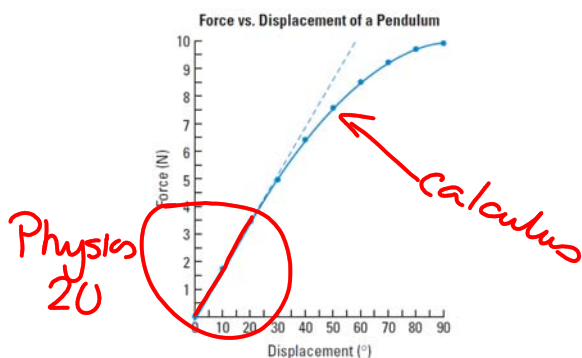
**Ideal Pendulum** - swings through a small angle, has no friction, and has all mass concentrated at the bob

The restoring force in a pendulum is a component of the force of gravity acting opposite the displacement of the bob. Analyze on [page 360](#).

$$F_r = F_g \sin \theta$$



Note: For the pendulum to be a true simple harmonic oscillator, its graph of restoring force versus displacement should be linear, as the dotted line suggests. After  $15^\circ$ , its line departs from the straight line, and its motion can no longer be considered SHM.



Questions: Pg. 365 # 1-6.