

7.1 Defining Simple Harmonic Motion (SHM)

Name: _____ Class: _____ Date: _____ **Total: 14 marks**

KEY WORDS equilibrium 平衡位置 • simple harmonic motion 简谐运动 • restoring force 回复力
• amplitude 振幅

Objective

Build the skills to answer exam questions on **defining simple harmonic motion (SHM)**.

You must be able to:

- state the defining condition of **simple harmonic motion** 简谐运动: $F = -kx$
- explain the minus sign (the **restoring force** 回复力 points back toward equilibrium)
- use $a = -\omega^2 x$ with $\omega^2 = k/m$
- identify where the acceleration is largest and where it is zero

1 Worked examples

Study these first. Each one shows the method for a question type used later — follow the steps and you can do the Practice and Exam-style questions yourself.

■ The defining condition

SHM happens when the restoring force is proportional to the displacement and points back toward equilibrium:

$$F = -kx.$$

■ The acceleration form

Dividing by mass,

$$a = -\frac{k}{m}x = -\omega^2 x, \quad \omega^2 = \frac{k}{m}.$$

Acceleration is proportional to displacement but opposite in direction.

■ Where it is largest

The acceleration is greatest at the extremes (largest x) and zero at equilibrium ($x = 0$)
– the opposite of the speed.

2 Practice

Now apply the methods above.

2.1 A spring with $k = 20 \text{ N m}^{-1}$ is stretched 0.15 m. Find the restoring force. [2]

2.2 State the meaning of the minus sign in $F = -kx$. [1]

2.3 For SHM with $\omega^2 = 25 \text{ s}^{-2}$ at $x = 0.2 \text{ m}$, find the acceleration magnitude. [2]

2.4 Where in the motion is the acceleration largest? [1]

3 Exam-style questions

3.1 A motion is simple harmonic when the restoring force is [1]

A	B
C	D

A constant

B proportional to displacement and opposite in direction

C proportional to speed

D zero

3.2 In SHM, the acceleration is zero at the [1]

A	B
C	D

A extremes

B equilibrium position

C turning points

D it is never zero

3.3 A 0.5 kg mass on a spring ($k = 8 \text{ N m}^{-1}$) is pulled 0.1 m and released.

(a) Find the restoring force at release. [2]

(b) Find the acceleration at release. [2]

3.4 A pendulum swings with a small amplitude.

(a) State whether its motion is SHM. [1]

(b) State the condition (angle) required for this to hold. [1]