# 11.2 Simple harmonic motion (full C.1, HL)

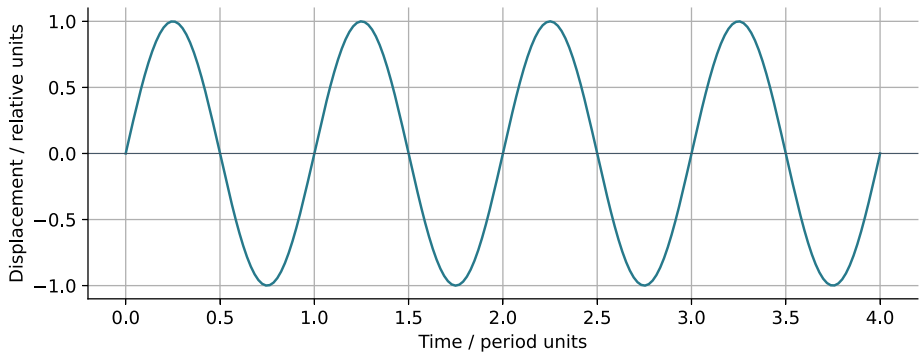
Name: _____ Class: _____ Date: _____ **Total: 24 marks**

**KEY WORDS** simple harmonic motion • phase angle • angular frequency • amplitude

## Objective

Practise the full guide C.1 toolkit including AHL: the defining condition $a = -\omega^2 x$, $T = 1/f = 2\pi/\omega$, mass–spring and pendulum periods, and the higher-level equation set – phase angle, $x = x_0 \sin(\omega t + \phi)$, $v = \omega x_0 \cos(\omega t + \phi)$, $v = \pm\omega\sqrt{x_0^2 - x^2}$, and quantitative energy $E_T = \frac{1}{2}m\omega^2 x_0^2$, $E_p = \frac{1}{2}m\omega^2 x^2$. Original practice; not an official IB paper.

## 1 Key knowledge and worked examples




■ **The C.1 equation set (HL)**

$$a = -\omega^2 x \qquad T = \frac{1}{f} = \frac{2\pi}{\omega} \qquad T = 2\pi\sqrt{\frac{m}{k}} \qquad T = 2\pi\sqrt{\frac{l}{g}}$$

$$x = x_0 \sin(\omega t + \phi) \qquad v = \omega x_0 \cos(\omega t + \phi) \qquad v = \pm\omega\sqrt{x_0^2 - x^2}$$

$$E_T = \tfrac{1}{2}m\omega^2 x_0^2 \qquad E_p = \tfrac{1}{2}m\omega^2 x^2$$

Phase in radians: $\phi = 0$ starts at equilibrium moving positive; $\phi = \pi/2$ starts at rest at $+x_0$.

■ **Worked example: energy bookkeeping at a displacement**

$m = 0.20$ kg, $x_0 = 0.040$ m, $\omega = 5.0$ rad/s. Total $E_T = \frac{1}{2}(0.20)(25)(0.0016) = 4.0 \times 10^{-3}$ J. At $x = 0.020$ m: $E_p = \frac{1}{2}(0.20)(25)(0.00040) = 1.0 \times 10^{-3}$ J, so $E_k = 3.0 \times 10^{-3}$ J, and $v = 5.0\sqrt{0.0016 - 0.00040} = 0.17$ m/s – consistent with $\frac{1}{2}mv^2 = 2.9 \times 10^{-3}$ J $\approx E_k$. Two habits: compute $E_T$ once from the amplitude, then take $E_p$ at the stated displacement and let kinetic energy be the remainder; check the speed equation against both limits.

## 2 Practice

**2.1** State the defining equation of simple harmonic motion and explain the significance of its minus sign. [2]

**2.2** A mass–spring system has $m = 0.30$ kg and $k = 12$ N/m. Calculate its period and angular frequency. [3]

**2.3** An oscillator with amplitude $x_0$ passes through equilibrium at $t = 0$. State its phase constant $\phi$, and give its displacement and speed at $t = 0$ in terms of $x_0$ and $\omega$. [3]

**2.4** For the same oscillator, write the total energy and the potential energy at displacement $x$, and state where in the cycle each of kinetic, potential and total energy is greatest. [3]

## 3 Exam-style questions

**3.1** A 0.25 kg mass on a spring oscillates with amplitude 0.060 m and angular frequency 8.0 rad/s. Calculate the total energy, the maximum speed, and the speed at $x = 0.030$ m. [5]

**3.2** A simple pendulum of length 0.90 m ($g = 9.8$ m/s$^2$) is released from rest at a 5.0° angle, giving amplitude $x_0 = 0.079$ m. Calculate the period, and the maximum speed of the bob. [4]

**3.3** A particle in SHM is described by $x = 0.050 \sin(4\pi t)$ m. State the amplitude, period and phase constant, and calculate the earliest time at which the speed is maximum. [4]