

x = position of mass.

Spring at equilibrium

Must set $x = 0$ to correspond to spring Equilibrium.

$$F_s = F_{\text{net}} = -kx = ma$$

$$a = -\frac{k}{m}x$$

$$a_x = \frac{dv_x}{dt} = \frac{d}{dt} \left(\frac{dx}{dt} \right) = \frac{d^2x}{dt^2}$$

$$\frac{d^2x}{dt^2} = -Cx \quad \text{where } C = \text{constant.}$$

"Trial Solution"

$$x = A \cos(\omega t)$$

A, ω are constants.

Let's take derivatives.

$$\frac{dx}{dt} = A [-\sin(\omega t)] \omega$$

$$v = -A\omega \sin(\omega t)$$

$$a = \frac{dv}{dt} = -A\omega [\cos(\omega t)] \omega$$

$$a = -A\omega^2 \cos(\omega t)$$

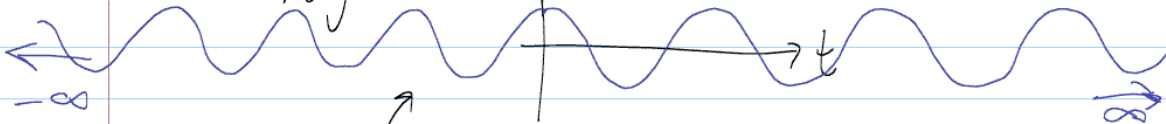
$$x = A \cos \omega t!$$

So $a = -\omega^2 x$

Trial solution is good if $\omega^2 = C$

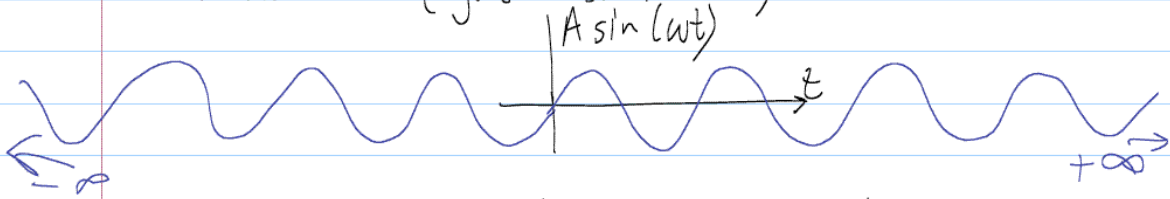
Notes about S.H.M.

→ Friction and other dissipative forces are neglected, $A \cos(\omega t)$



A is constant forever!

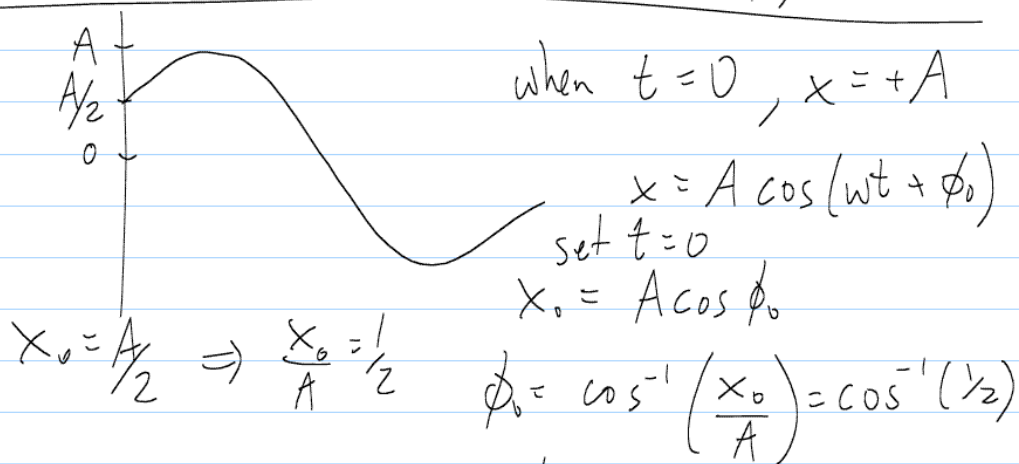
Note: sine and cosine are the same function (just shifted.)



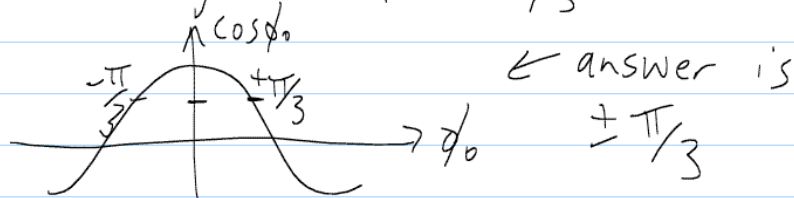
→ Either $A \cos(\omega t)$ or $A \sin(\omega t)$ would work as a solution to S.H.M.

→ Knight always uses cosine
General solution includes phase constant:

$$x = A \cos(\omega t + \phi_0) \quad \text{"phi"}$$



Calculator gives: $\phi_0 = +\pi/3$



A look at x vs t shows that if t is slightly positive, then x is

increasing, $\Rightarrow \phi_0 = -\frac{\pi}{3}$ is answer.