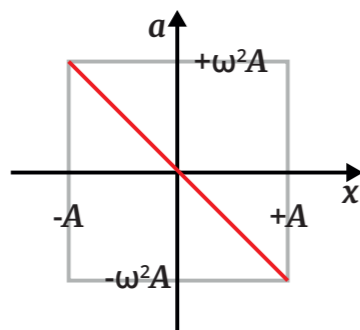


## Simple harmonic motion (SHM):

Simple harmonic motion (SHM) occurs when an object moves such that **its acceleration is always directed toward a fixed point and is proportional to its distance from the fixed point**. This can be expressed in this equation:

$$a = -\omega^2 x$$

where  $-\omega^2$  is a constant. Plotting a graph of  $a$  against  $x$  would give this shape, this is the same shape for all SHM.



$A$ , is amplitude, the **maximum value of the displacement**.

Other key definitions are; the period,  $T$ , which is the **time taken for one complete cycle**, and frequency,  $f$ , which is the **number of oscillations per second**. (See unit 3.1)

$$T = \frac{1}{f} = \frac{2\pi}{\omega}$$

Another way of defining SHM is where the motion of a point whose displacement,  $x$ , changes with time,  $t$ , according to  $x = A \cos(\omega t + \epsilon)$ , where  $A$ ,  $\omega$  and  $\epsilon$  are constants.

$\epsilon$  is the **phase constant**. It is normally 0 or  $\pi/2$  depending on the displacement at time,  $t = 0$ .

If at  $t = 0$  the displacement is at its maximum, then  $\epsilon = 0$  and if at  $t = 0$ , the displacement is 0, then  $\epsilon = \pi/2$ .

The velocity during the motion can be calculated using the following equation:

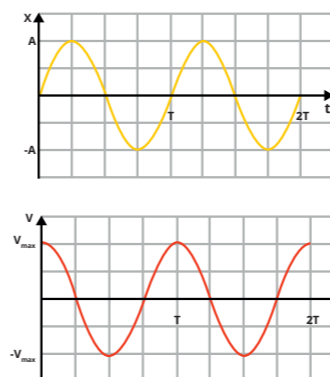
$$v = -A\omega \sin(\omega t + \epsilon)$$

The maximum value for  $\sin(\omega t + \epsilon) = 1$ . Therefore, the maximum velocity,  $v_{max} = A\omega$ .

## Graphical representation of SHM:

The equations show that both  $x$  and  $v$  vary sinusoidally with time during SHM.

Note that  $v$  is at a maximum when  $x = 0$ .

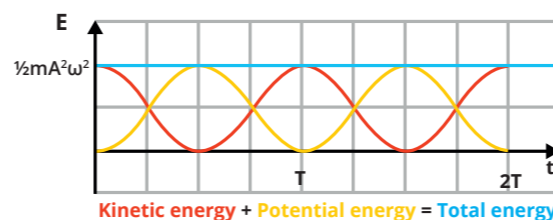


## Energy:

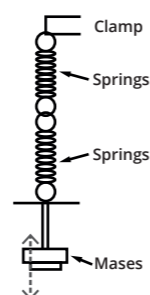
A body during SHM will have a constant energy, but it will transfer from potential energy to kinetic energy.

The kinetic energy of a body during SHM can be calculated using  $E_k = \frac{1}{2}mv^2$  and therefore  $E_{k \max} = \frac{1}{2}m v A^2 \omega^2$ .

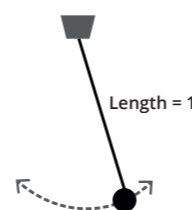
When the kinetic energy is at its maximum, the potential energy will be zero. Therefore, the energy of the body in SHM is always equal to  $\frac{1}{2}m v A^2 \omega^2$ .



Two common examples of SHM are **masses on a spring** and a **simple pendulum**. The equations to calculate the period is given for each.



$$T = 2\pi \sqrt{\frac{m}{k}}$$



$$T = 2\pi \sqrt{\frac{l}{g}}$$

You must be able to describe using the apparatus to calculate  $k$  or  $g$ , as well as using the equations.

## Free oscillations:

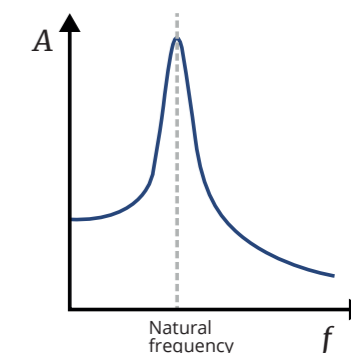
**Free oscillations** occur when an oscillatory system (such as a mass on a spring, or a pendulum) is displaced and released. The frequency of the free oscillations is called the system's **natural frequency**.

In reality, the oscillations will not stay at the same amplitude indefinitely but, will decrease over time due to resistive forces. This is known as **damping**.

Damping is very important in a number of situations. For example, in a car's shock absorbers, the vibration caused by going over a bump does not last long (otherwise all the passengers will feel unwell). A specific case is **critical damping**, where the resistive forces on the system are just large enough to **prevent oscillations** occurring at all when the system is displaced and released.

## Resonance:

When a sinusoidally varying driving force is applied to an oscillating system, if the **frequency of the applied force is equal to the natural frequency** of the system, the amplitude of the resulting oscillations is large. This is **resonance**.



Resonance can be **useful**, for example, microwaves with a frequency similar to the natural frequency of water molecule vibration are used in microwave ovens to heat the water molecules.

However, it is **not always useful**. For example, the frequency of people walking on the millennium bridge was close to the natural frequency of the bridge and caused it to oscillate dangerously.

$a$  = acceleration in  $m/s^2$

$x$  = displacement in m

$f$  = frequency in Hz

$T$  = period in s

$m$  = mass in kg

$l$  = length in m

$\omega$  = angular velocity  $rad\ s^{-1}$

$A$  = amplitude in m

$\epsilon$  = phase constant in rad

$t$  = time in s

$k$  = spring constant in  $N\ m^{-1}$