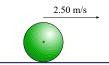
1. A hollow (uniform) sphere of mass 800. g rolls without slipping on a horizontal surface such that the speed of its center is $2.50 \, \frac{\text{m}}{\text{s}}$.



What is the (total) kinetic energy of the sphere?

Kinetic energy is

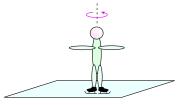
$$K_{\text{roll}} = \frac{1}{2}mv_c^2 + \frac{1}{2}I\omega^2 = \frac{1}{2}mv_c^2 + \frac{1}{2}\left(\frac{2}{3}mR^2\right)\left(\frac{v_c}{R}\right)^2 = \left(\frac{1}{2} + \frac{1}{3}\right)mv_c^2 = \frac{5}{6}mv_c^2$$

Plug in the numbers:

$$K_{\text{roll}} = \frac{5}{6} (0.800 \text{ kg}) (2.50 \frac{\text{m}}{\text{s}})^2 = 4.17 \text{ J}$$

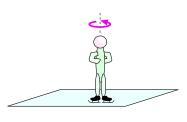
Total kinetic energy of the rolling sphere is 4.17 J.

2. A skater's body has rotational inertia $4.00\,\mathrm{kg}\cdot\mathrm{m}^2$ with his hands held to his chest and $6.20\,\mathrm{kg}\cdot\mathrm{m}^2$ with his arms outstretched. The skater is twirling at $3.00\,\frac{\mathrm{rev}}{\mathrm{s}}$ with his arms held out. If he pulls his hands to his chest, how fast will he be twirling? (You can give the answer in $\frac{\mathrm{rev}}{\mathrm{s}}$.)



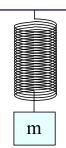
Angular momentum of the skater is conserved, that is, $I_i\omega_i=I_f\omega_f$. Here we can express ω in units of $\frac{\mathrm{rev}}{\mathrm{s}}$ (the conversion factor would cancel on both sides) and so

$$\omega_f = \frac{I_i \omega_i}{I_f} = \frac{(6.20 \,\mathrm{kg} \cdot \mathrm{m}^2)(3.00 \,\frac{\mathrm{rev}}{\mathrm{s}})}{(4.00 \,\mathrm{kg} \cdot \mathrm{m}^2)} = 4.65 \,\frac{\mathrm{rev}}{\mathrm{s}}$$



Final rotation rate of the skater is $4.65 \, \frac{\mathrm{rev}}{\mathrm{s}}$

3. A 200.0 g mass hung suspended from a particular (ideal, massless) spring makes small oscillations; we find that it makes 20 oscillations in 7.20 s.



a) What is the value of the spring constant?

The frequency is

$$f = (20 \text{ osc})/(7.20 \text{ s}) = 2.78 \text{ Hz}$$

Get the spring constant from

$$f = \frac{1}{2\pi} \sqrt{\frac{k}{m}}$$
 \Longrightarrow $k = 4\pi^2 f^2 m = 4\pi^2 (2.78 \text{ s}^{-1})^2 (0.200 \text{ kg}) = 60.9 \frac{\text{N}}{\text{m}}$

b) What mass should we hang from this spring so that it makes oscillations with a frequency of 2.00 Hz?

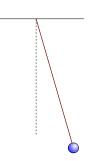
Having k, use result from (a) to get new m for a frequency of $2.00~{\rm Hz}$:

$$k = 4\pi^2 f^2 m$$
 \Longrightarrow $m = \frac{k}{4\pi^2 f^2} = \frac{(60.9 \frac{\text{N}}{\text{m}})}{4\pi^2 (2.00 \text{ s}^{-1})^2} = 0.386 \text{ kg} = 386 \text{ g}$

4. What is the length of a simple pendulum which has a period of 3.00 s?

Find the length from

$$T = 2\pi \sqrt{\frac{L}{g}} \implies L = \frac{T^2 g}{4\pi^2} = \frac{(3.0 \text{ s})^2 (9.80 \frac{\text{m}}{\text{s}^2})}{4\pi^2} = 2.23 \text{ m}$$



You must show all your work and include the right units with your answers!

$$\tau = rF \sin \theta \qquad \tau = I\alpha \qquad I_{\rm cyl} = \frac{1}{2}MR^2 \qquad I_{\rm sph, \, solid} = \frac{2}{5}MR^2 \qquad I_{\rm sph, \, hol} = \frac{2}{3}MR^2 \qquad K_{\rm rot} = \frac{1}{2}I\omega^2 \qquad v_c = \omega R \qquad a_c = \alpha R \qquad K_{\rm roll} = K_{\rm trans} + K_{\rm roll} = \frac{1}{2}mv^2 + \frac{1}{2}I\omega^2 \qquad \vec{\tau} = \vec{r} \times \vec{F} \qquad \vec{L} = \vec{r} \times \vec{p} \qquad L = I\omega \qquad \frac{d^2x}{dt^2} = -\frac{k}{m}x = -\omega^2x \qquad \omega = \sqrt{\frac{k}{m}} \qquad T = \frac{2\pi}{\omega} \qquad f = \frac{1}{T} \qquad \omega = \sqrt{\frac{g}{L}} \qquad T = \frac{2\pi}{\omega} = 2\pi\sqrt{\frac{L}{g}} \qquad \omega = \sqrt{\frac{mgL}{I}} \qquad T = 2\pi\sqrt{\frac{I}{mgL}} \qquad \omega = \sqrt{\frac{\kappa}{I}} \qquad g = 9.80 \, \frac{m}{s^2}$$