Overview

◌ Springs (review)

    ◻ Restoring force proportional to displacement

    ◻ F = -k x (often a good approximation)

    ◻ U = ½ k x^2

◌ Today

    ◻ Young's Modulus (where does k come from?)

    ◻ Simple Harmonic Motion

    ◻ Springs Revisited