

Oscillations and Waves – Formula Sheet

- Simple harmonic motion: $a = -\omega^2 x$
- Time period (spring) $T = 2\pi\sqrt{m/k}$
- Time period (pendulum) $T = 2\pi\sqrt{L/g}$
- Wave speed $v = f\lambda$
- Energy in SHM = $\frac{1}{2}kA^2$