

2. (a) The problem describes the time taken to execute one cycle of the motion. The period is $T = 0.75$ s.
- (b) Frequency is simply the reciprocal of the period: $f = 1/T \approx 1.3$ Hz, where the SI unit abbreviation Hz stands for Hertz, which means a cycle-per-second.
- (c) Since 2π radians are equivalent to a cycle, the angular frequency ω (in radians-per-second) is related to frequency f by $\omega = 2\pi f$ so that $\omega \approx 8.4$ rad/s.