53. We use $P_{\text{avg}} = I_{\text{rms}}^2 R = \frac{1}{2} I^2 R$.

- $P_{\text{avg}} = 0$, since $R = 0$.
- $P_{\text{avg}} = \frac{1}{2} I^2 R = \frac{1}{2}(0.600\,\text{A})^2(50\,\Omega) = 9.0\,\text{W}$.
- $P_{\text{avg}} = \frac{1}{2} I^2 R = \frac{1}{2}(0.198\,\text{A})^2(160\,\Omega) = 3.14\,\text{W}$.
- $P_{\text{avg}} = \frac{1}{2} I^2 R = \frac{1}{2}(0.151\,\text{A})^2(160\,\Omega) = 1.82\,\text{W}$.