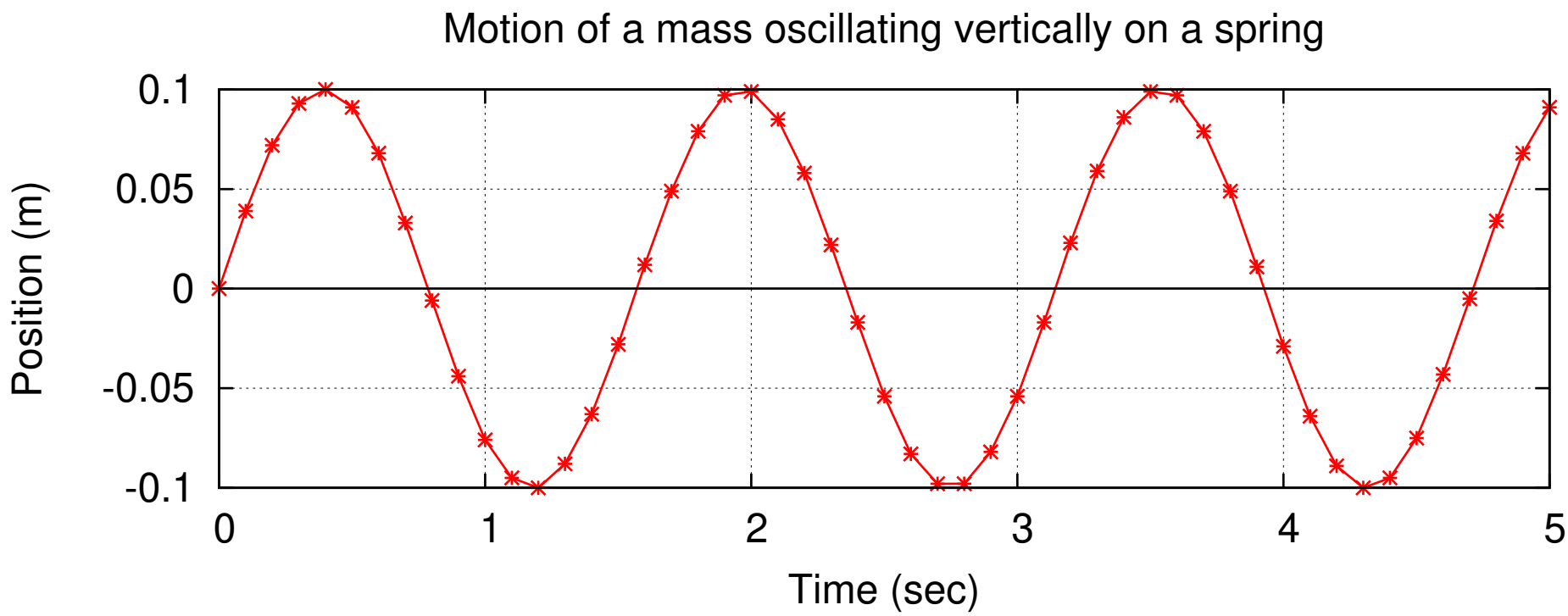
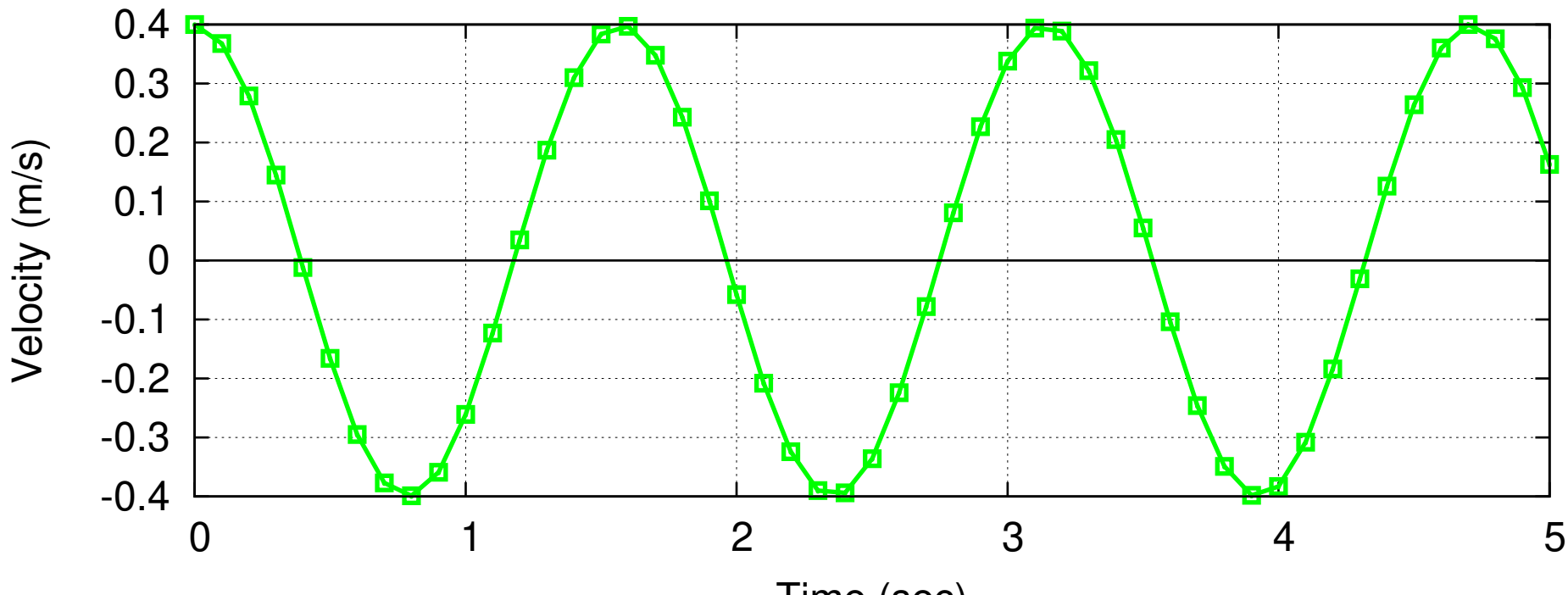

Motion of a mass oscillating vertically on a spring
Position (m)
0.1
0.05
0
-0.05
-0.1
0
1
2
3
4
5
Time (sec)


Velocity (m/s)
0.4
0.3
0.2
0.1
0
-0.1
-0.2
-0.3
-0.4
0
1
2
3
4
5