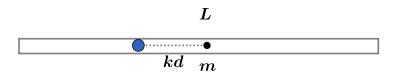
2007 F=ma Exam: Problem 32

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Recall the angular frequency of a physical pendulum is given by

$$\omega = \sqrt{\frac{mgs}{I}}$$

where s is the distance between the CM and the pivot point and I is the moment of inertia around the pivot point. In our case, we have

$$s = kd$$

 $I = md^2 + m(kd)^2 = (1 + k^2)md^2$

using $I_{\rm rod} = md^2$ (by definition of d in the problem) and the parallel-axis theorem. Then

$$\omega = \sqrt{\frac{mgkd}{(1+k^2)md^2}} = \sqrt{\frac{k}{1+k^2}}\sqrt{\frac{g}{d}}$$

Since we are given

$$\omega = \beta \sqrt{\frac{g}{d}}$$

we can identify

$$\beta = \sqrt{\frac{k}{1 + k^2}}$$

so the answer is $\boxed{\mathrm{E}}$.