

Ensure that the card is initially level with the 0 cm mark on the 30 cm rule.

Pull down the weights until the card is level with the pin at the 10 cm mark.

Release the weight and count how many oscillations (n) it takes for the card, at its lowest point, to be level with the pin only 5 cm below its original position.

One oscillation is the distance the spring moves from when you release it to the top of its motion and back to the bottom again.

Repeat this for **each** of the cards and **record your results** in a suitable table below.

Include and complete a column headed 1/Area in your table.

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