**Vocabulary: Period of Mass on a Spring**



**Vocabulary**

* Oscillate – to move up and down or back and forth in a regular pattern.
* Period – the amount of time required to complete a single oscillation.
	+ The period of a *spring* is the time required for one full up-and-down movement.
* Spring – a coiled device that returns to its original shape after it is stretched or compressed.
	+ Springs usually are made of metal or plastic.
* Spring constant – a measure of how much force is needed to stretch or compress a spring.
	+ The symbol for the spring constant is *k*.
	+ The greater the spring constant, the stiffer the spring.