



## 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.

