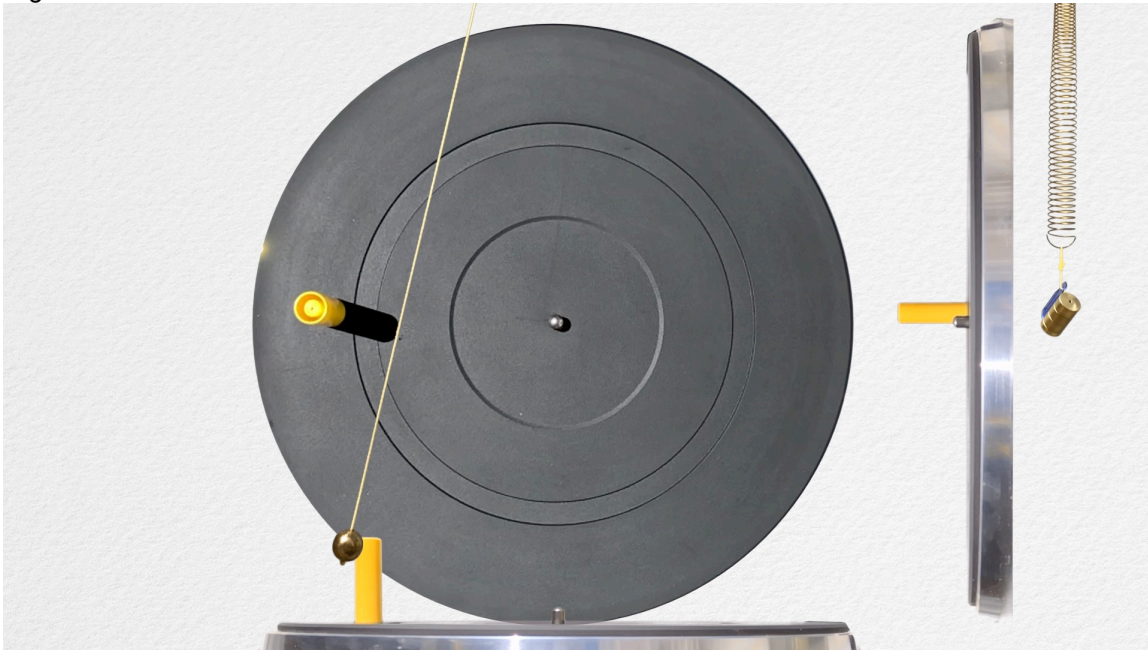


Flipping Physics Lecture Notes:

Comparing Simple Harmonic Motion to Circular Motion

<https://www.flippingphysics.com/shm-vs-cm.html>

Circular motion, when viewed from the side, is simple harmonic motion. It is difficult to see on paper, which is why I make the videos. If you just look at the x or y direction motion of the yellow marker cap on top of the rotating turntable, the cap is moving in simple harmonic motion. Here is a picture, however, really, you should go watch the video:



If you look at the location of the cap in one dimension as a function of time, then you end up with a sine/cosine curve. Again, go watch the video:

