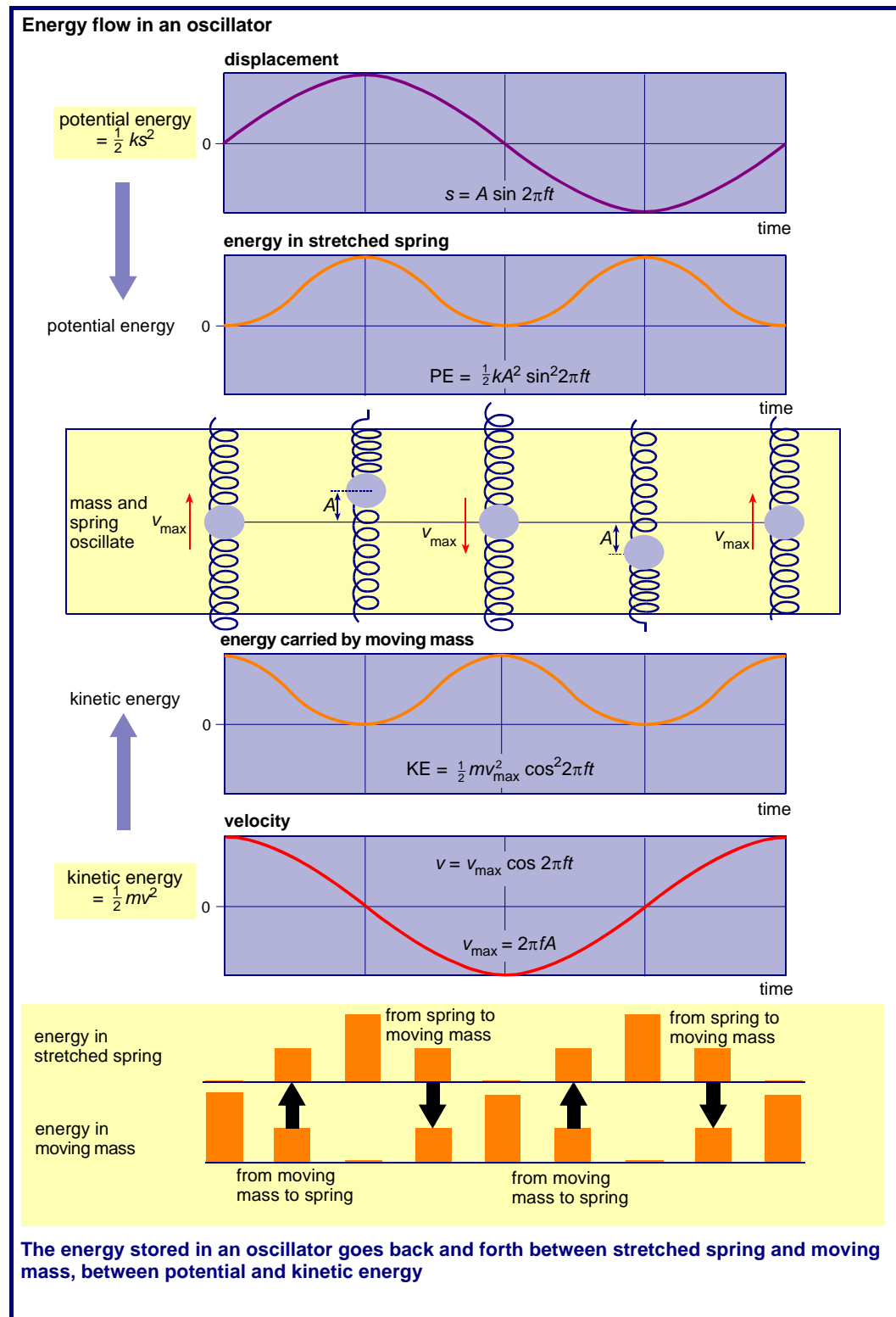


TAP 305- 4: Energy flow in an oscillator

The energy sloshes back and forth between being stored in a spring, and carried by the mass.



Practical advice

This diagram is reproduced here so that you can talk through it, or adapt it to your own purposes.

External reference

This activity is taken from Advancing Physics chapter 10, 1300