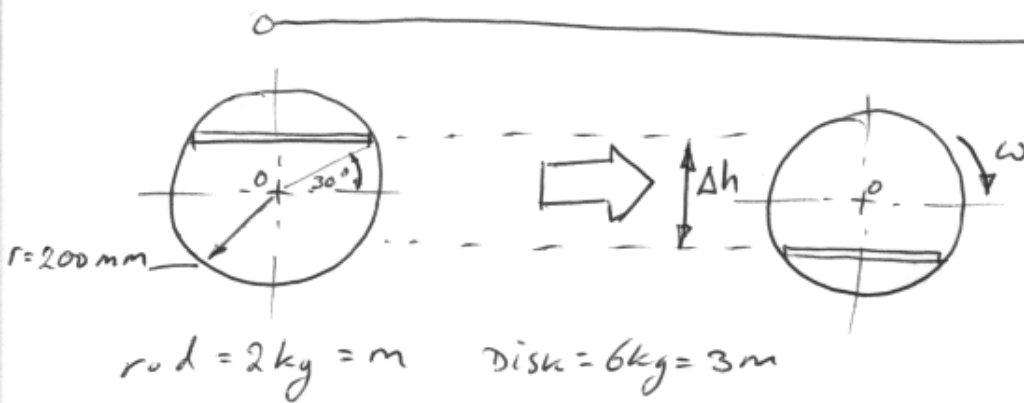
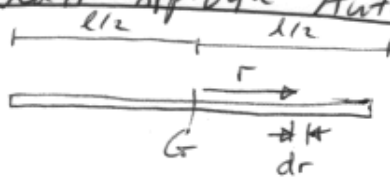


Show

$$I_G = \frac{1}{12} m l^2$$

$$I_G = \int_{-\frac{l}{2}}^{\frac{l}{2}} r^2 dm \quad dm = \frac{m}{l} dr$$

$$\therefore I_G = \frac{m}{l} \int_{-\frac{l}{2}}^{\frac{l}{2}} r^2 dr = \frac{m}{l} \left[\frac{r^3}{3} \right]_{-\frac{l}{2}}^{\frac{l}{2}} = \frac{m}{l} \left(\frac{l^3}{24} + \frac{l^3}{24} \right) = \frac{1}{12} m l^2$$



rod changes
potential energy
Disk doesn't
Both rod & disk
change kinetic
energy

Smooth bearing @ O $\rightarrow$ conservation of Energy

$$T_1 + V_{1-2} = T_2$$

$$V_{1-2} = m g \Delta h = m g 2(r \sin(30^\circ)) = m g r$$

$$T_2 = \frac{1}{2} I_0 \omega^2$$

$$I_0 = I_{\text{Disk}} + I_{\text{rod}}$$

$$I_{\text{Disk}} = \frac{1}{2} m_{\text{Disk}} r^2 = \frac{3}{2} m r^2$$

$$l = 2r \cos 30^\circ = \sqrt{3} r$$

$$I_{\text{rod}} = \frac{1}{12} m l^2 + \frac{m r^2}{4}$$

Parallel axis
Theorem

$$= \frac{m 3r^2}{12} + \frac{m r^2}{4}$$

$$= \frac{1}{2} m r^2$$

$$\therefore I = \left(\frac{3}{2} + \frac{1}{2} \right) m r^2 = \underline{\underline{2 m r^2}}$$

$$V_{1-2} = \frac{1}{2} I_0 \omega^2 \Rightarrow \omega^2 = \frac{2 V_{1-2}}{I_0} = \frac{2 m g r}{2 m r^2} = \frac{g}{r}$$

$$\omega = \sqrt{\frac{g}{r}} = \sqrt{\frac{9.81}{0.2}} = 7 \text{ rad/s}$$