# Calculus for the Life Sciences II <br> Lecture Notes－Trigonometric Functions 

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## Outline

(1) Introduction
(2) Annual Temperature Cycles

- San Diego and Chicago

Trigonometric Functions

- Basic Trig Functions
- Radian Measure
- Sine and Cosine
- Properties of Sine and Cosine
- Identities
(4) Trigonometric Models
- Vertical Shift and Amplitude
- Frequency and Period
- Phase Shift
- Examples
- Phase Shift of Half a Period
- Equivalent Sine and Cosine Models
- Return to Annual Temperature Variation
- Other Examples


## Introduction - Trigonometric Functions

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- Many phenomena in biology appear in cycles


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- Daily cycle of light
- Annual cycle of the seasons


## Introduction - Trigonometric Functions

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- Many phenomena in biology appear in cycles
- Natural physical cycles
- Daily cycle of light
- Annual cycle of the seasons
- Oscillations are often modeled using trigonometric functions


## Annual Temperature Cycles

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- Weather reports give the average temperature for a day


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- Long term averages help researchers predict effects of global warming over the background noise of annual variation


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- Weather reports give the average temperature for a day
- Long term averages help researchers predict effects of global warming over the background noise of annual variation
- There are seasonal differences in the average daily temperature
- Higher averages in the summer
- Lower averages in the winter


## Modeling Annual Temperature Cycles

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- What mathematical tools can help predict the annual temperature cycles?


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- Polynomials and exponentials do not exhibit the periodic behavior


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- What mathematical tools can help predict the annual temperature cycles?
- Polynomials and exponentials do not exhibit the periodic behavior
- Trigonometric functions exhibit periodicity


## Average Temperatures for San Diego and Chicago

Average Temperatures for San Diego and Chicago: Table of the monthly average high and low temperatures for San Diego and Chicago

| Month | Jan | Feb | Mar | Apr | May | Jun |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| San Diego | $66 / 49$ | $67 / 51$ | $66 / 53$ | $68 / 56$ | $69 / 59$ | $72 / 62$ |
| Chicago | $29 / 13$ | $34 / 17$ | $46 / 29$ | $59 / 39$ | $70 / 48$ | $80 / 58$ |
| Month | Jul | Aug | Sep | Oct | Nov | Dec |
| San Diego | $76 / 66$ | $78 / 68$ | $77 / 66$ | $75 / 61$ | $70 / 54$ | $66 / 49$ |
| Chicago | $84 / 63$ | $82 / 62$ | $75 / 54$ | $63 / 42$ | $48 / 32$ | $\mathbf{3 4 / 1 9}$ |

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## Average Temperatures for San Diego and Chicago

Graph of Temperature for San Diego and Chicago with best fitting trigonometric functions

Temperatures for San Diego and Chicago


# Average Temperatures for San Diego and Chicago 

## Models of Annual Temperature Cycles for San Diego and Chicago

- The two graphs have similarities and differences


# Average Temperatures for San Diego and Chicago 

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- Overall average temperature for San Diego is greater than the average for Chicago


## Average Temperatures for San Diego and Chicago

## Models of Annual Temperature Cycles for San Diego and Chicago

- The two graphs have similarities and differences
- Same seasonal period as expected
- Seasonal variation or amplitude of oscillation for Chicago is much greater than San Diego
- Overall average temperature for San Diego is greater than the average for Chicago
- Overlying models use cosine functions

Basic Trig Functions
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Properties of Sine and Cosine
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## Trigonometric Functions

## Trigonometric Functions are often called circular functions



## Trigonometric Functions

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- Let $(x, y)$ be a point on a circle of radius $r$ centered at the origin



## Trigonometric Functions

## Trigonometric Functions are often called circular functions

－Let $(x, y)$ be a point on a circle of radius $r$ centered at the origin
－Define the angle $\theta$ between the ray connecting the point to the origin and the $x$－axis


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## Trigonometric Functions

Trig Functions－ 6 basic Trigonometric functions


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## Trigonometric Functions

Trig Functions - 6 basic Trigonometric functions


$$
\sin (\theta)=\frac{y}{r} \quad \cos (\theta)=\frac{x}{r} \quad \tan (\theta)=\frac{y}{x}
$$

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## Trigonometric Functions

Trig Functions - 6 basic Trigonometric functions


$$
\begin{array}{lll}
\sin (\theta)=\frac{y}{r} & \cos (\theta)=\frac{x}{r} & \tan (\theta)=\frac{y}{x} \\
\csc (\theta)=\frac{r}{y} & \sec (\theta)=\frac{r}{x} & \cot (\theta)=\frac{x}{y}
\end{array}
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We will concentrate almost exclusively on the sine and cosine ${ }_{\bar{F}}$

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## Radian Measure

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－Most trigonometry starts using degrees to measure an angle

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Basic Trig Functions

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- \(90^{\circ}\) and \(180^{\circ}\) angles convert to \(\frac{\pi}{2}\) and \(\pi\) radians
- Conversions
\[
1^{\circ}=\frac{\pi}{180}=0.01745 \text { radians } \quad \text { or } 1 \text { radian }=\frac{180^{\circ}}{\pi}=57.296^{\circ} \text { SOSO }
\]

\section*{Sine and Cosine}

Sine and Cosine: The unit circle has \(r=1\), so the trig functions sine and cosine satisfy
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\cos (\theta)=x \quad \text { and } \quad \sin (\theta)=y
\]
- The formula for cosine (cos) gives the \(x\) value of the angle, \(\theta\), (measured in radians)

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- The formula for cosine (cos) gives the \(x\) value of the angle, \(\theta\), (measured in radians)
- The formula for sine ( \(\sin\) ) gives the \(y\) value of the angle, \(\theta\)
- The tangent function (tan) gives the slope of the line \((y / x)\)

\section*{Sine and Cosine}

Graph of \(\sin (\theta)\) and \(\cos (\theta)\) for angles \(\theta \in[-2 \pi, 2 \pi]\)
Sine and Cosine in Radians

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\section*{Sine and Cosine}

\section*{Sine and Cosine - Periodicity and Bounded}
- Notice the \(2 \pi\) periodicity or the functions repeat the same pattern every \(2 \pi\) radians

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- Note that both the sine and cosine functions are bounded between -1 and 1

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\section*{Sine and Cosine}

\section*{Sine－Maximum and Minimum}

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\section*{Sine and Cosine}

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Cosine - Maximum and Minimum
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- By periodicity, \(\cos (x)=-1\) for \(x=(2 n+1) \pi\) for any integer \(n\)

\section*{Sine and Cosine}

\section*{Table of Some Important Values of Trig Functions}
\begin{tabular}{|c|c|c|}
\hline\(x\) & \(\sin (x)\) & \(\cos (x)\) \\
\hline 0 & 0 & 1 \\
\hline\(\frac{\pi}{6}\) & \(\frac{1}{2}\) & \(\frac{\sqrt{3}}{2}\) \\
\hline\(\frac{\pi}{4}\) & \(\frac{\sqrt{2}}{2}\) & \(\frac{\sqrt{2}}{2}\) \\
\hline\(\frac{\pi}{3}\) & \(\frac{\sqrt{3}}{2}\) & \(\frac{1}{2}\) \\
\hline\(\frac{\pi}{2}\) & 1 & 0 \\
\hline\(\pi\) & 0 & -1 \\
\hline\(\frac{3 \pi}{2}\) & -1 & 0 \\
\hline \(2 \pi\) & 0 & 1 \\
\hline
\end{tabular}

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\section*{Properties of Sine and Cosine}

Properties of Cosine
- Periodic with period \(2 \pi\)

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－By periodicity，other minima at \(x_{n}=(2 n+1) \pi\) with \(\cos \left(x_{n}\right)=-1\)（ \(n\) any integer）
－Zeroes of cosine separated by \(\pi\) with \(\cos \left(x_{n}\right)=0\) when \(x_{n}=\frac{\pi}{2}+n \pi\)（ \(n\) any integer）

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- Zeroes of sine separated by \(\pi\) with \(\sin \left(x_{n}\right)=0\) when \(x_{n}=n \pi\) ( \(n\) any integer)

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\section*{Some Identities for Sine and Cosine}

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\section*{Some Identities for Sine and Cosine}

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－ \(\cos ^{2}(x)+\sin ^{2}(x)=1\) for all values of \(x\)

\section*{Some Identities for Sine and Cosine}

\section*{Some Identities for Cosine and Sine}
- \(\cos ^{2}(x)+\sin ^{2}(x)=1\) for all values of \(x\)
- Adding and Subtracting angles for cosine
\[
\begin{aligned}
& \cos (x+y)=\cos (x) \cos (y)-\sin (x) \sin (y) \\
& \cos (x-y)=\cos (x) \cos (y)+\sin (x) \sin (y)
\end{aligned}
\]

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\section*{Example of Shifts}

Example of Shifts for Sine and Cosine:
Use the trigonometric identities to show

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Example of Shifts for Sine and Cosine:
Use the trigonometric identities to show
- \(\cos (x)=\sin \left(x+\frac{\pi}{2}\right)\)

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\section*{Example of Shifts}

Example of Shifts for Sine and Cosine:
Use the trigonometric identities to show
- \(\cos (x)=\sin \left(x+\frac{\pi}{2}\right)\)
- \(\sin (x)=\cos \left(x-\frac{\pi}{2}\right)\)

\section*{Example of Shifts}

Example of Shifts for Sine and Cosine:
Use the trigonometric identities to show
- \(\cos (x)=\sin \left(x+\frac{\pi}{2}\right)\)
- \(\sin (x)=\cos \left(x-\frac{\pi}{2}\right)\)

The first example shows the cosine is the same as the sine function shifted to the left by \(\frac{\pi}{2}\)

\section*{Example of Shifts}

\section*{Example of Shifts for Sine and Cosine:}

Use the trigonometric identities to show
- \(\cos (x)=\sin \left(x+\frac{\pi}{2}\right)\)
- \(\sin (x)=\cos \left(x-\frac{\pi}{2}\right)\)

The first example shows the cosine is the same as the sine function shifted to the left by \(\frac{\pi}{2}\)

The second example shows the sine is the same as the cosine function shifted to the right by \(\frac{\pi}{2}\)

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\section*{Example of Shifts}

Solution: We begin by using the additive identity for sine

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\section*{Example of Shifts}

Solution: We begin by using the additive identity for sine
\[
\sin \left(x+\frac{\pi}{2}\right)=\sin (x) \cos \left(\frac{\pi}{2}\right)+\cos (x) \sin \left(\frac{\pi}{2}\right)
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Solution (cont): Similarly from the additive identity for cosine

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\section*{Trigonometric Models}

Trigonometric Models are appropriate when data follows a simple oscillatory behavior

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The Cosine Model
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Each model has Four Parameters

\section*{Vertical Shift and Amplitude}

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There are similar parameters for the sine model

\section*{Frequency and Period}

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\phi_{1}=\phi+n T=\phi+\frac{2 n \pi}{\omega}, \quad n \text { an integer }
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\section*{Model Parameters}

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- By periodicity, phase shift has infinitely many choices
- One often selects the unique principle phase shift satisfying \(0 \leq \phi<T\)

Phase Shift

\section*{Examples}

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\section*{Example：Period and Amplitude}

Example 1：Consider the model
\[
y(x)=4 \sin (2 x)
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- Sketch a graph

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\section*{Examples}

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\section*{Example: Period and Amplitude}

Solution: For
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y(x)=4 \sin (2 x)
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2 T=2 \pi \quad \text { so } \quad T=\pi
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- Alternately,
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T=\frac{2 \pi}{\omega}=\frac{2 \pi}{2}=\pi
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Phase Shift

\section*{Examples}

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Solution (cont): For
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y(x)=4 \sin (2 x)
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- The model begins at 0 when \(x=0\) and completes period at \(x=\pi\)

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- Sine is an odd function

\section*{Example：Period and Amplitude}

\section*{Graph for}

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\section*{Example：Sine Function}

Example 2：Consider the model
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y(x)=3 \sin (2 x)-2
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- Find the vertical shift, amplitude, and period

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Example: Sine Function
Solution: For
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y(x)=3 \sin (2 x)-2
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- The model achieves a maximum of 1 when the argument \(2 x=\frac{\pi}{2}\) or \(x=\frac{\pi}{4}\)
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To graph a sine or cosine model, divide the period into 4 even parts

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To graph a sine or cosine model, divide the period into 4 even parts

For this example, take \(x=0, \frac{\pi}{4}, \frac{\pi}{2}, \frac{3 \pi}{4}, \pi\)

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For this example, take \(x=0, \frac{\pi}{4}, \frac{\pi}{2}, \frac{3 \pi}{4}, \pi\)
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y(0)=3 \sin (2(0))-2=3 \sin (0)-2=-2
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For this example, take \(x=0, \frac{\pi}{4}, \frac{\pi}{2}, \frac{3 \pi}{4}, \pi\)
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\begin{aligned}
y(0) & =3 \sin (2(0))-2=3 \sin (0)-2=-2 \\
y(\pi / 4) & =3 \sin (2(\pi / 4))-2=3 \sin (\pi / 2)-2=1
\end{aligned}
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y(3 \pi / 4) & =3 \sin (2(3 \pi / 4))-2=3 \sin (3 \pi / 2)-2=-5,
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y(0) & =3 \sin (2(0))-2=3 \sin (0)-2=-2, \\
y(\pi / 4) & =3 \sin (2(\pi / 4))-2=3 \sin (\pi / 2)-2=1, \\
y(\pi / 2) & =3 \sin (2(\pi / 2))-2=3 \sin (\pi)-2=-2, \\
y(3 \pi / 4) & =3 \sin (2(3 \pi / 4))-2=3 \sin (3 \pi / 2)-2=-5, \\
y(\pi) & =3 \sin (2(\pi))-2=3 \sin (2 \pi)-2=-2
\end{aligned}
\]

\section*{Examples}

\section*{Example：Sine Function}

\section*{Graph for}


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\section*{Example: Vertical Shift with Cosine Function}

Example 3: Consider the model
\[
y(x)=3-2 \cos (3 x)
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Phase Shift

\section*{Examples}

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\section*{Example: Vertical Shift with Cosine Function}

\section*{Solution: For}
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\[
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- The vertical shift is 3

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－The period，\(T\) ，satisfies
\[
T=\frac{2 \pi}{\omega}=\frac{2 \pi}{3}
\]

\section*{Example: Vertical Shift with Cosine Function}

Solution (cont): For
\[
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- The model achieves a minimum of 1 when the argument \(3 x=0\) or \(x=0\)

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- By periodicity, the minima in the domain are \(x=0, \frac{2 \pi}{3}, \frac{4 \pi}{3}\), and \(2 \pi\)

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- By periodicity, the maxima in the domain are \(x=\frac{\pi}{3}, \pi\), and \(\frac{5 \pi}{3}\)
- Note that this is an even function

\section*{Example: Vertical Shift with Cosine Function}

Graph for


\section*{Example: Vertical Shift with Cosine Function}

By inserting a phase shift of half a period, the constant for the amplitude becomes positive
\[
y(x)=3+2 \cos \left(3\left(x-\frac{\pi}{3}\right)\right) .
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Show this by employing the angle subtraction identity for the cosine function

\section*{Examples}

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\end{aligned}
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y(x) & =3+2 \cos \left(3\left(x-\frac{\pi}{3}\right)\right) \\
& =3+2 \cos (3 x-\pi) \\
& =3+2(\cos (3 x) \cos (\pi)+\sin (3 x) \sin (\pi))
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\]

\section*{Phase Shift}

\section*{Examples}

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& =3+2(\cos (3 x) \cos (\pi)+\sin (3 x) \sin (\pi)) \\
& =3-2 \cos (3 x)
\end{aligned}
\]
since \(\cos (\pi)=-1\) and \(\sin (\pi)=0\)

\section*{Phase Shift in Models}

\section*{Phase Shift of Half a Period}

A phase shift of half a period creates an equivalent sine or cosine model with the sign of the amplitude reversed

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\section*{Models Matching Data}
- Phase shifts are important matching data in periodic models

\section*{Phase Shift in Models}

\section*{Phase Shift of Half a Period}

A phase shift of half a period creates an equivalent sine or cosine model with the sign of the amplitude reversed

\section*{Models Matching Data}
- Phase shifts are important matching data in periodic models
- The cosine model is easiest to match, since the maximum of the cosine function occurs when the argument is zero

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\section*{Example：Cosine Model with Phase Shift}

Example 3：Consider the model
\[
y(x)=4+6 \cos \left(\frac{1}{2}(x-\pi)\right), \quad x \in[-4 \pi, 4 \pi]
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Skip Example

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- Find the vertical shift, amplitude, period, and phase shift
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- Find the vertical shift, amplitude, period, and phase shift
- Determine all maxima and minima for \(x \in[0,2 \pi]\)
- Sketch a graph
- Find the equivalent sine model

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\section*{Example: Cosine Model with Phase Shift}

Solution: Rewrite the model
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y(x)=4+6 \cos \left(\frac{1}{2}(x-\pi)\right)
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－The vertical shift is \(A=4\)

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- Since cosine has a maximum with argument zero, a maximum will occur at \(x=\pi\)

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\section*{Example：Cosine Model with Phase Shift}

Solution（cont）：For graphing，
\[
y(x)=4+6 \cos \left(\frac{1}{2}(x-\pi)\right)
\]

The significant points are \(x=\pi, 2 \pi, 3 \pi, 4 \pi\) ，and \(5 \pi\)
\[
y(\pi)=4+6 \cos \left(\frac{1}{2}(\pi-\pi)\right)=4+6 \cos (0)=4+6(1)=10
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\section*{Example：Cosine Model with Phase Shift}

Graph for


\section*{Example: Cosine Model with Phase Shift}

Solution (cont): The appropriate sine model has the same vertical shift, \(A\), amplitude, \(B\), and frequency, \(\omega\),
\[
y(x)=4+6 \sin \left(\frac{1}{2}(x-\phi)\right)
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Solution（cont）：The appropriate sine model has the same vertical shift，\(A\) ，amplitude，\(B\) ，and frequency，\(\omega\) ，
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Must find appropriate phase shift，\(\phi\)

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Must find appropriate phase shift, \(\phi\)
Recall the cosine function is horizontally shifted to the left of the sine function by \(\frac{\pi}{2}\)

\section*{Example: Cosine Model with Phase Shift}

Solution (cont): The appropriate sine model has the same vertical shift, \(A\), amplitude, \(B\), and frequency, \(\omega\),
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y(x)=4+6 \sin \left(\frac{1}{2}(x-\phi)\right)
\]

Must find appropriate phase shift, \(\phi\)
Recall the cosine function is horizontally shifted to the left of the sine function by \(\frac{\pi}{2}\)
\[
\cos \left(\frac{1}{2}(x-\pi)\right)=\sin \left(\frac{1}{2}(x-\pi)+\frac{\pi}{2}\right)=\sin \left(\frac{1}{2}(x-\phi)\right)
\]

\section*{Example: Cosine Model with Phase Shift}

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Must find appropriate phase shift, \(\phi\)
Recall the cosine function is horizontally shifted to the left of the sine function by \(\frac{\pi}{2}\)
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\cos \left(\frac{1}{2}(x-\pi)\right)=\sin \left(\frac{1}{2}(x-\pi)+\frac{\pi}{2}\right)=\sin \left(\frac{1}{2}(x-\phi)\right)
\]

It follows that we want
\[
-\frac{\pi}{2}+\frac{\pi}{2}=-\frac{\phi}{2} \quad \text { or } \quad \phi=0
\]

\section*{Example: Cosine Model with Phase Shift}

Solution (cont): The equivalent sine model is
\[
y(x)=4+6 \sin \left(\frac{x}{2}\right)
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\section*{Example: Cosine Model with Phase Shift}

Solution (cont): The equivalent sine model is
\[
y(x)=4+6 \sin \left(\frac{x}{2}\right)
\]

Thus, the original phase-shifted cosine model
\[
y(x)=4+6 \cos \left(\frac{1}{2}(x-\pi)\right)
\]
is the same as an unshifted sine model

\section*{Equivalent Sine and Cosine Models}

\section*{Phase Shift for Equivalent Sine and Cosine Models}

Suppose that the sine and cosine models are equivalent, so
\[
\sin \left(\omega\left(x-\phi_{1}\right)\right)=\cos \left(\omega\left(x-\phi_{2}\right)\right)
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\section*{Equivalent Sine and Cosine Models}

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\]

The relationship between the phase shifts, \(\phi_{1}\) and \(\phi_{2}\) satisfies:
\[
\phi_{1}=\phi_{2}-\frac{\pi}{2 \omega} .
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\section*{Equivalent Sine and Cosine Models}

\section*{Phase Shift for Equivalent Sine and Cosine Models}

Suppose that the sine and cosine models are equivalent, so
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The relationship between the phase shifts, \(\phi_{1}\) and \(\phi_{2}\) satisfies:
\[
\phi_{1}=\phi_{2}-\frac{\pi}{2 \omega} .
\]

Note: Remember that the phase shift is not unique
It can vary by integer multiples of the period, \(T=\frac{2 \pi}{\omega}\)

\section*{Return to Annual Temperature Model}

Annual Temperature Model: Started section with data and graphs of average monthly temperatures for Chicago and San Diego

\section*{Return to Annual Temperature Model}

Annual Temperature Model: Started section with data and graphs of average monthly temperatures for Chicago and San Diego
- Fit data to cosine model for temperature, \(T\),
\[
T(m)=A+B \cos (\omega(m-\phi))
\]
where \(m\) is in months

\section*{Return to Annual Temperature Model}

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where \(m\) is in months
- Find best model parameters, \(A, B, \omega\), and \(\phi\)

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- Find best model parameters, \(A, B, \omega\), and \(\phi\)
- The frequency, \(\omega\), is constrained by a period of 12 months

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T(m)=A+B \cos (\omega(m-\phi))
\]
where \(m\) is in months
- Find best model parameters, \(A, B, \omega\), and \(\phi\)
- The frequency, \(\omega\), is constrained by a period of 12 months
- It follows that
\[
12 \omega=2 \pi \quad \text { or } \quad \omega=\frac{\pi}{6}=0.5236
\]

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Return to Annual Temperature Model

\section*{Annual Temperature Model：}
\[
T(m)=A+B \cos (\omega(m-\phi))
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\section*{Annual Temperature Model:}
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T(m)=A+B \cos (\omega(m-\phi))
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- Choose \(A\) to be the average annual temperature

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T(m)=A+B \cos (\omega(m-\phi))
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- Average for San Diego is \(A=64.29\)
- Average for Chicago is \(A=49.17\)

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\section*{Return to Annual Temperature Model}

\section*{Annual Temperature Model:}
\[
T(m)=A+B \cos (\omega(m-\phi))
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- Choose \(A\) to be the average annual temperature
- Average for San Diego is \(A=64.29\)
- Average for Chicago is \(A=49.17\)
- Perform least squares best fit to data for \(B\) and \(\phi\)
- For San Diego, obtain \(B=7.29\) and \(\phi=6.74\)
- For Chicago, obtain \(B=25.51\) and \(\phi=6.15\)

\section*{Return to Annual Temperature Model}

\section*{Annual Temperature Model for San Diego：}
\[
T(m)=64.29+7.29 \cos (0.5236(m-6.74))
\]

Annual Temperature Model for Chicago：
\[
T(m)=49.17+25.51 \cos (0.5236(m-6.15))
\]

\section*{Return to Annual Temperature Model}

\section*{Annual Temperature Model for San Diego:}
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\section*{Return to Annual Temperature Model}

Annual Temperature Model for San Diego:
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Annual Temperature Model for Chicago:
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T(m)=49.17+25.51 \cos (0.5236(m-6.15))
\]
- The amplitude of models
- Temperature in San Diego only varies \(\pm 7.29^{\circ} \mathrm{F}\), giving it a "Mediterranean" climate
- Temperature in Chicago varies \(\pm 25.51^{\circ} \mathrm{F}\), indicating cold winters and hot summers

\section*{Return to Annual Temperature Model}

Annual Temperature Model for San Diego：
\[
T(m)=64.29+7.29 \cos (0.5236(m-6.74))
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\section*{Return to Annual Temperature Model}

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- The phase shift for the models
- For San Diego, the phase shift of \(\phi=6.74\), so the maximum temperature occurs at 6.74 months (late July)
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\section*{Return to Annual Temperature Model}

\section*{Convert Cosine Model to Sine Model：}
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Population Model: Suppose population data show a 10 year periodic behavior with a maximum population of 26 (thousand) at \(t=2\) and a minimum population of 14 (thousand) at \(t=7\)

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- Find the constants \(A, B, \omega\), and \(\phi\) with \(B>0, \omega>0\), and \(\phi \in[0,10)\)

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- Find the equivalent cosine model

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\section*{Population Model with Phase Shift}

\section*{Solution：Compute the various parameters}

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\omega=\frac{2 \pi}{10}=\frac{\pi}{5}
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- The maximum of 26 occurs at \(t=2\), so the model satisfies:
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y(2)=26=20+6 \sin \left(\frac{\pi}{5}(2-\phi)\right)
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- The sine function is at its maximum when its argument is \(\frac{\pi}{2}\), so
\[
\begin{aligned}
\frac{\pi}{5}(2-\phi) & =\frac{\pi}{2} \\
2-\phi & =\frac{5}{2} \\
\phi & =-\frac{1}{2}
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\begin{aligned}
\phi & =-\frac{1}{2}+10 n, \quad n \text { an integer } \\
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- The principle phase shift is \(\phi=9.5\)

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```

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- This temperature normally varies a few tenths of a degree in each individual with distinct regularity
- The body is usually at its hottest around 10 or 11 AM and at its coolest in the late evening, which helps encourage sleep

\section*{Body Temperature}

Body Temperature Model：Suppose that measurements on a particular individual show
－A high body temperature of \(37.1^{\circ} \mathrm{C}\) at 10 am
－A low body temperature of \(36.7^{\circ} \mathrm{C}\) at 10 pm

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- Since the period is \(P=24\) hours, the frequency, \(\omega\), satisfies
\[
\omega=\frac{2 \pi}{24}=\frac{\pi}{12}
\]
```

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Body Temperature

\section*{Solution (cont): Compute the phase shift}

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- The appropriate phase shift solves
\[
\omega(10-\phi)=0 \quad \text { or } \quad \phi=10
\]

\section*{Body Temperature}

Solution (cont): The cosine model is
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T(t)=36.9+0.2 \cos \left(\frac{\pi}{12}(t-10)\right)
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Body Temperature


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- The sine model satisfies
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T(t)=36.9+0.2 \sin \left(\frac{\pi}{12}(t-4)\right)
\]```

