

$$\boxed{1} \quad a) \quad T = 0,25 \text{ s}$$

$$b) \quad \nu = \frac{1}{T} = \frac{1}{0,25} = 4 \text{ Hz}$$

$$\boxed{2} \quad a) \quad \nu = \frac{2 \text{ vueltas}}{1 \text{ s}} = 2 \text{ Hz}$$

$$b) \quad T = \frac{1}{\nu} = \frac{1}{2} = 0,5 \text{ s}$$

$$\boxed{3} \quad a) \quad \nu = \frac{20 \text{ vueltas}}{10 \text{ s}} = 2 \text{ Hz}$$

$$b) \quad T = \frac{1}{\nu} = \frac{1}{2} = 0,5 \text{ s}$$

$$\boxed{4} \quad a) \quad T = \frac{3 \text{ min}}{30 \text{ vueltas}} = \frac{180 \text{ s}}{30 \text{ vueltas}} = 6 \text{ s}$$

$$b) \quad \nu = \frac{1}{T} = \frac{1}{6} = 0,17 \text{ Hz}$$

$$\boxed{5} \quad a) \quad \nu = 45 \text{ rpm} = \frac{45 \text{ vueltas}}{1 \text{ min}} = \frac{45 \text{ vueltas}}{60 \text{ s}} = 0,75 \text{ Hz}$$

$$b) \quad T = \frac{1}{\nu} = \frac{1}{0,75} = 1,3 \text{ s}$$

$$\boxed{6} \quad a) \quad \nu = \frac{12,5 \text{ vueltas}}{2,5 \text{ s}} = 5 \text{ Hz}$$

$$b) \quad T = \frac{1}{\nu} = \frac{1}{5} = 0,2 \text{ s}$$

$$c) \quad \boxed{\omega = 2\pi\nu} = 2\pi \cdot 5 = 10\pi = \boxed{31,4 \text{ rad/s}}$$