

Exercise 2C

$$\begin{aligned}
 1 \quad \mathbf{a} \quad s &= \int v dt \\
 &= \int (3t^2 - 1) dt \\
 &= t^3 - t + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

$$\begin{aligned}
 \text{When } t = 0, s = 0: \\
 0 &= 0 - 0 + c \Rightarrow c = 0 \\
 s &= t^3 - t
 \end{aligned}$$

$$\begin{aligned}
 \mathbf{b} \quad s &= \int v dt \\
 &= \int \left(2t^3 - \frac{3t^2}{2} \right) dt \\
 &= \frac{t^4}{2} - \frac{t^3}{2} + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

$$\begin{aligned}
 \text{When } t = 0, s = 0: \\
 0 &= 0 - 0 + c \Rightarrow c = 0 \\
 s &= \frac{t^4}{2} - \frac{t^3}{2}
 \end{aligned}$$

$$\begin{aligned}
 \mathbf{c} \quad s &= \int v dt \\
 &= \int (2\sqrt{t} + 4t^2) dt \\
 &= \frac{4}{3} t^{\frac{3}{2}} + \frac{4t^3}{3} + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

$$\begin{aligned}
 \text{When } t = 0, s = 0: \\
 0 &= 0 + 0 + c \Rightarrow c = 0 \\
 s &= \frac{4}{3} t^{\frac{3}{2}} + \frac{4t^3}{3}
 \end{aligned}$$

$$\begin{aligned}
 2 \quad \mathbf{a} \quad v &= \int a dt \\
 &= \int (8t - 2t^2) dt \\
 &= 4t^2 - \frac{2t^3}{3} + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

$$\begin{aligned}
 \text{When } t = 0, v = 0: \\
 0 &= 0 - 0 + c \Rightarrow c = 0 \\
 v &= 4t^2 - \frac{2t^3}{3}
 \end{aligned}$$

$$\begin{aligned}
 2 \text{ b } v &= \int a dt \\
 &= \int \left(6 + \frac{t^2}{3} \right) dt \\
 v &= 6t + \frac{t^3}{9} + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

When $t = 0$, $v = 0$:

$$0 = 0 + 0 + c \Rightarrow c = 0$$

$$v = 6t + \frac{t^3}{9}$$

$$\begin{aligned}
 3 \text{ } x &= \int v dt \\
 &= \int (8 + 2t - 3t^2) dt \\
 &= 8t + t^2 - t^3 + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

When $t = 0$, $x = 4$:

$$4 = 0 + 0 - 0 + c \Rightarrow c = 4$$

$$x = 8t + t^2 - t^3 + 4$$

When $t = 1$,

$$x = 8 + 1 - 1 + 4 = 12$$

The distance of P from O when $t = 1$ is 12 m.

$$\begin{aligned}
 4 \text{ a } v &= \int a dt \\
 &= \int (16 - 2t) dt \\
 &= 16t - t^2 + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

When $t = 0$, $v = 6$:

$$6 = 0 - 0 + c \Rightarrow c = 6$$

$$v = 16t - t^2 + 6$$

$$\begin{aligned}
 \text{b } x &= \int v dt \\
 &= \int (16t - t^2 + 6) dt \\
 &= 8t^2 - \frac{t^3}{3} + 6t + k, \text{ where } k \text{ is a constant of integration.}
 \end{aligned}$$

When $t = 3$, $x = 75$:

$$75 = 8 \times 3^2 - \frac{3^3}{3} + 6 \times 3 + k$$

$$\Rightarrow k = 75 - 72 + 9 - 18 = -6$$

$$x = 8t^2 - \frac{t^3}{3} + 6t - 6$$

When $t = 0$,

$$x = 0 - 0 + 0 - 6 = -6$$

$$5 \quad v = 6t^2 - 51t + 90$$

P is at rest when $v = 0$.

$$6t^2 - 51t + 90 = 0$$

$$2t^2 - 17t + 30 = 0$$

$$(2t - 5)(t - 6) = 0$$

P is at rest when $t = 2.5$ and when $t = 6$.

$$\begin{aligned} s &= \int_{2.5}^6 (6t^2 - 51t + 90) dt \\ &= \left[2t^3 - \frac{51t^2}{2} + 90t \right]_{2.5}^6 \\ &= \left(2 \times 6^3 - \frac{51 \times 6^2}{2} + 90 \times 6 \right) - \left(2 \times 2.5^3 - \frac{51 \times 2.5^2}{2} + 90 \times 2.5 \right) \\ &= (432 - 918 + 540) - (31.25 - 159.375 + 225) \\ &= -42.875 \dots \\ &= -42.9 \text{ (3 s.f.)} \end{aligned}$$

The negative sign indicates that the displacement is negative, but this can be ignored as distance is required.

The distance between the two points where P is at rest is 42.9 m (3 s.f.).

$$\begin{aligned} 6 \quad s &= \int v dt \\ &= \int (12 + t - 6t^2) dt \\ &= 12t + \frac{t^2}{2} - 2t^3 + c, \text{ where } c \text{ is a constant of integration.} \end{aligned}$$

When $t = 0$, $s = 0$:

$$0 = 0 + 0 - 0 + c \Rightarrow c = 0$$

$$s = 12t + \frac{t^2}{2} - 2t^3$$

$v = 0$ when

$$12 + t - 6t^2 = 0$$

$$(3 - 2t)(4 + 3t) = 0$$

$t > 0$, so $t = 1.5$

$$\begin{aligned} \text{When } t = 1.5, s &= 12 \times 1.5 + \frac{1.5^2}{2} - 2 \times 1.5^3 \\ &= 12.375 \dots \\ &= 12.4 \text{ (3 s.f.)} \end{aligned}$$

The distance of P from O when $v = 0$ is 12.4 m.

$$7 \text{ a } v = 4t - t^2$$

P is at rest when $v = 0$.

$$4t - t^2 = 0$$

$$t(4 - t) = 0$$

$$t > 0, \text{ so } t = 4$$

$$x = \int v dt$$

$$= \int (4t - t^2) dt$$

$$= 2t^2 - \frac{t^3}{3} + c, \text{ where } c \text{ is a constant of integration.}$$

When $t = 0, x = 0$

$$0 = 0 + 0 + c \Rightarrow c = 0$$

$$x = 2t^2 - \frac{t^3}{3}$$

$$\begin{aligned} \text{When } t = 4, x &= 2 \times 4^2 - \frac{4^3}{3} \\ &= 10\frac{2}{3} \end{aligned}$$

$$\begin{aligned} \text{b } \text{When } t = 5, x &= 2 \times 5^2 - \frac{5^3}{3} \\ &= 8\frac{1}{3} \end{aligned}$$

In the interval $0 \leq t \leq 5$, P moves to a point $10\frac{2}{3}$ m from O and then returns to a point $8\frac{1}{3}$ m from O .

The total distance moved is $10\frac{2}{3} + (10\frac{2}{3} - 8\frac{1}{3}) = 13$ m.

$$8 \text{ } x = \int v dt$$

$$= \int (6t^2 - 26t + 15) dt$$

$$= 2t^3 - 13t^2 + 15t + c, \text{ where } c \text{ is a constant of integration.}$$

When $t = 0, x = 0$

$$0 = 0 - 0 + 0 + c \Rightarrow c = 0$$

$$x = 2t^3 - 13t^2 + 15t$$

$$= t(2t^2 - 13t + 15)$$

$$= t(2t - 3)(t - 5)$$

When $x = 0$ and t is non-zero, $t = 1.5$ or $t = 5$

P is again at O when $t = 1.5$ and $t = 5$.

$$\begin{aligned}
 9 \text{ a } x &= \int v dt \\
 &= \int (3t^2 - 12t + 5) dt \\
 &= t^3 - 6t^2 + 5t + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

When $t = 0, x = 0$

$$0 = 0 - 0 + 0 + c \Rightarrow c = 0$$

$$x = t^3 - 6t^2 + 5t$$

P returns to O when $x = 0$.

$$t^3 - 6t^2 + 5t = 0$$

$$t(t^2 - 6t + 5) = 0$$

$$t(t - 1)(t - 5) = 0$$

P returns to O when $t = 1$ and $t = 5$.

b $v = 0$ when

$$3t^2 - 12t + 5 = 0$$

$$t = \frac{12 \pm \sqrt{(-12)^2 - 4(3)(5)}}{6}$$

$$= 0.473, 3.52$$

So P does not turn round in the interval $2 \leq t \leq 3$.

When $t = 2$,

$$x = 2^3 - 6 \times 2^2 + 5 \times 2$$

$$= 8 - 24 + 10$$

$$= -6$$

When $t = 3$,

$$x = 3^3 - 6 \times 3^2 + 5 \times 3$$

$$= 27 - 54 + 15$$

$$= -12$$

The distance travelled by P in the interval $2 \leq t \leq 3$ is 6 m.

$$\begin{aligned}
 10 \text{ v} &= \int a dt \\
 &= \int (4t - 3) dt \\
 &= 2t^2 - 3t + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

When $t = 0, v = 4$

$$4 = 0 - 0 + c \Rightarrow c = 4$$

$$v = 2t^2 - 3t + 4,$$

When $t = T, v = 4$ again

$$4 = 2T^2 - 3T + 4$$

$$2T^2 - 3T = 0$$

$$T(2T - 3) = 0$$

$$T \neq 0, \text{ so } T = 1.5$$

$$\begin{aligned}
 \mathbf{11\ a} \quad v &= \int a dt \\
 &= \int (t-3) dt \\
 &= \frac{t^2}{2} - 3t + c,
 \end{aligned}$$

When $t = 0$, $v = 4$

$$4 = 0 - 0 + c \Rightarrow c = 4$$

$$v = \frac{t^2}{2} - 3t + 4$$

b P is at rest when $v = 0$.

$$\frac{t^2}{2} - 3t + 4 = 0$$

$$t^2 - 6t + 8 = 0$$

$$(t-2)(t-4) = 0$$

$$t = 2 \text{ or } t = 4$$

P is at rest when $t = 2$ and $t = 4$.

$$\begin{aligned}
 \mathbf{c} \quad s &= \int_2^4 \left(\frac{t^2}{2} - 3t + 4 \right) dt \\
 &= \left[\frac{t^3}{6} - \frac{3t^2}{2} + 4t \right]_2^4 \\
 &= \left(\frac{4^3}{6} - \frac{3 \times 4^2}{2} + 4 \times 4 \right) - \left(\frac{2^3}{6} - \frac{3 \times 2^2}{2} + 4 \times 2 \right) \\
 &= \left(\frac{32}{3} - 24 + 16 \right) - \left(\frac{4}{3} - 6 + 8 \right) \\
 &= \frac{8}{3} - \frac{10}{3} \\
 &= -\frac{2}{3}
 \end{aligned}$$

The negative sign indicates that the displacement is negative, but this can be ignored as distance is required. The distance between the two points where P is at rest is $\frac{2}{3}$ m.

$$\begin{aligned}
 12 \ v &= \int a dt \\
 &= \int (6t + 2) dt \\
 &= 3t^2 + 2t + c, \text{ where } c \text{ is a constant of integration.}
 \end{aligned}$$

$$\begin{aligned}
 s &= \int v dt \\
 &= \int (3t^2 + 2t + c) dt \\
 &= t^3 + t^2 + ct + k, \text{ where } k \text{ is a constant of integration.}
 \end{aligned}$$

When $t = 2$, $s = 10$

$$10 = 2^3 + 2^2 + 2c + k$$

$$2c + k = -2 \quad (1)$$

When $t = 3$, $s = 38$

$$38 = 3^3 + 3^2 + 3c + k$$

$$3c + k = 2 \quad (2)$$

(2) - (1):

$$c = 4$$

Substituting $c = 4$ into **(1)**:

$$2 \times 4 + k = -2$$

$$k = -10$$

So the equations are:

$$v = 3t^2 + 2t + 4$$

$$s = t^3 + t^2 + 4t - 10$$

a When $t = 4$

$$s = 4^3 + 4^2 + 4 \times 4 - 10$$

$$= 64 + 16 + 16 - 10$$

$$= 86$$

When $t = 4$ s the displacement is 86 m.

b When $t = 4$

$$v = 3 \times 4^2 + 2 \times 4 + 4$$

$$= 48 + 8 + 4$$

$$= 60$$

When $t = 4$ s the velocity is 60 m s⁻¹.

$$13 \text{ a } a = 1 - \sin \pi t, \quad t \geq 0$$

$$\begin{aligned} v &= \int a \, dt \\ &= \int (1 - \sin \pi t) \, dt \\ &= t + \frac{1}{\pi} \cos \pi t + c \end{aligned}$$

When $t = 0$, $v = 0$, therefore:

$$\begin{aligned} (0) &= (0) + \frac{1}{\pi} \cos \pi(0) + c \\ c &= -\frac{1}{\pi} \end{aligned}$$

Hence:

$$v = t + \frac{1}{\pi} \cos \pi t - \frac{1}{\pi} \text{ m s}^{-1}$$

$$\begin{aligned} \text{b } s &= \int v \, dt \\ &= \int \left(t + \frac{1}{\pi} \cos \pi t - \frac{1}{\pi} \right) dt \\ &= \frac{1}{2} t^2 + \frac{1}{\pi^2} \sin \pi t - \frac{t}{\pi} + c \end{aligned}$$

When $t = 0$, $s = 0$, therefore:

$$\begin{aligned} (0) &= \frac{1}{2} (0)^2 + \frac{1}{\pi^2} \sin \pi(0) - \frac{(0)}{\pi} + c \\ c &= 0 \end{aligned}$$

Hence:

$$s = \frac{1}{2} t^2 + \frac{1}{\pi^2} \sin \pi t - \frac{t}{\pi} \text{ m}$$

$$14 \text{ a } a = \sin 3\pi t, t \geq 0$$

$$\begin{aligned} v &= \int a \, dt \\ &= \int \sin 3\pi t \, dt \\ &= -\frac{1}{3\pi} \cos 3\pi t + c \end{aligned}$$

When $t = 0$, $v = \frac{1}{3\pi}$, therefore:

$$\frac{1}{3\pi} = -\frac{1}{3\pi} \cos 3\pi(0) + c$$

$$c = \frac{2}{3\pi}$$

Hence:

$$v = -\frac{1}{3\pi} \cos 3\pi t + \frac{2}{3\pi} \text{ m s}^{-1}$$

b The maximum speed of the particle occurs when $\frac{dv}{dt} = 0$, i.e. when $a = 0$

$$\sin 3\pi t = 0$$

$$3\pi t = k\pi$$

$$t = \frac{k}{3}$$

Substituting $t = 0$ into $v = -\frac{1}{3\pi} \cos 3\pi t + \frac{2}{3\pi}$ gives:

$$v = -\frac{1}{3\pi} \cos 3\pi(0) + \frac{2}{3\pi}$$

$$= \frac{1}{3\pi}$$

Substituting $t = \frac{1}{3}$ gives:

$$v = -\frac{1}{3\pi} \cos 3\pi\left(\frac{1}{3}\right) + \frac{2}{3\pi}$$

$$= \frac{1}{\pi}$$

Maximum speed is $\frac{1}{\pi} \text{ m s}^{-1}$

$$\begin{aligned}
 \mathbf{14\ c} \quad s &= \int v \, dt \\
 &= \int \left(-\frac{1}{3\pi} \cos 3\pi t + \frac{2}{3\pi} \right) dt \\
 &= -\frac{1}{9\pi^2} \sin 3\pi t + \frac{2t}{3\pi} + c
 \end{aligned}$$

When $t = 0$, $s = 1$, therefore:

$$\begin{aligned}
 (1) &= -\frac{1}{9\pi^2} \sin 3\pi(0) + \frac{2(0)}{3\pi} + c \\
 c &= 1
 \end{aligned}$$

Hence:

$$s = -\frac{1}{9\pi^2} \sin 3\pi t + \frac{2t}{3\pi} + 1 \text{ m}$$

$$\mathbf{15\ a} \quad a = -\cos 4\pi t, \quad 0 \leq t \leq 4$$

$$\begin{aligned}
 v &= \int a \, dt \\
 &= -\int \cos 4\pi t \, dt \\
 &= -\frac{1}{4\pi} \sin 4\pi t + c
 \end{aligned}$$

When $t = 0$, $v = 0$, therefore:

$$\begin{aligned}
 (0) &= -\frac{1}{4\pi} \sin 4\pi(0) + c \\
 c &= 0 \\
 v &= -\frac{1}{4\pi} \sin 4\pi t \text{ m s}^{-1}
 \end{aligned}$$

15 b The maximum speed of the particle occurs when $\frac{dv}{dt} = 0$, i.e. when $a = 0$

$$-\cos 4\pi t = 0$$

$$4\pi t = \frac{\pi}{2}, \frac{3\pi}{2}, \dots$$

$$t = \frac{1}{8}, \frac{3}{8}, \dots$$

Substituting $t = \frac{1}{8}$ into $v = -\frac{1}{4\pi} \sin 4\pi t$ gives:

$$v = -\frac{1}{4\pi} \sin 4\left(\frac{1}{8}\right)\pi$$

$$= -\frac{1}{4\pi}$$

Substituting $t = \frac{3}{8}$ gives:

$$v = -\frac{1}{4\pi} \sin 4\left(\frac{3}{8}\right)\pi$$

$$= \frac{1}{4\pi}$$

The maximum speed is $\frac{1}{4\pi} \text{ m s}^{-1}$

$$\begin{aligned} \mathbf{c} \quad s &= \int v \, dt \\ &= -\int \frac{1}{4\pi} \sin 4\pi t \, dt \\ &= \frac{1}{16\pi^2} \cos 4\pi t + c \end{aligned}$$

When $t = 0$, $s = 0$, therefore:

$$(0) = \frac{1}{16\pi^2} \cos 4\pi(0) + c$$

$$c = -\frac{1}{16\pi^2}$$

Hence:

$$s = \frac{1}{16\pi^2} \cos 4\pi t - \frac{1}{16\pi^2} \text{ m}$$

15 d Since $s = \frac{1}{16\pi^2} \cos 4\pi t - \frac{1}{16\pi^2}$

The maximum distance of the particle from O occurs when:
 $\cos 4\pi t = -1$

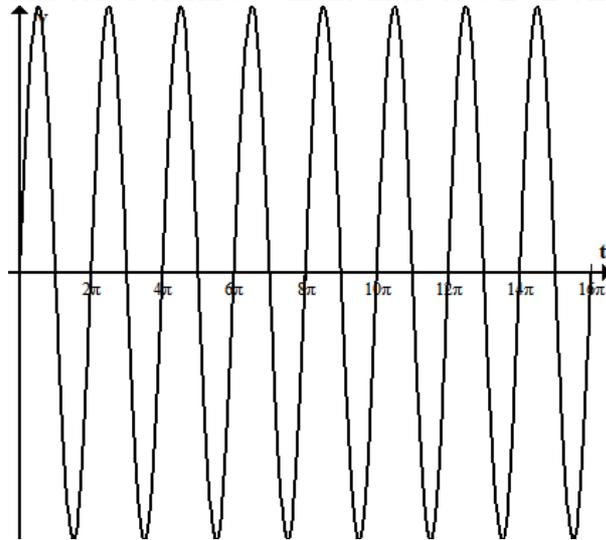
Therefore:

$$\begin{aligned} s &= -\frac{1}{16\pi^2} - \frac{1}{16\pi^2} \\ &= -\frac{1}{8\pi^2} \end{aligned}$$

Hence the greatest distance from O is $\frac{1}{8\pi^2}$ m

e $v = -\frac{1}{4\pi} \sin 4\pi t$

The curve of $\sin 4\pi t$ in the interval $0 \leq t \leq 4$ is shown below:



So the particle changes direction 16 times.

$$16 \quad a = 3\sqrt{t}, \quad t > 0$$

$$\begin{aligned} v &= \int a \, dt \\ &= 3 \int t^{\frac{1}{2}} \, dt \\ &= 2t^{\frac{3}{2}} + c \end{aligned}$$

When $t = 1$, $v = 2$, therefore:

$$\begin{aligned} (2) &= 2(1)^{\frac{3}{2}} + c \\ c &= 0 \end{aligned}$$

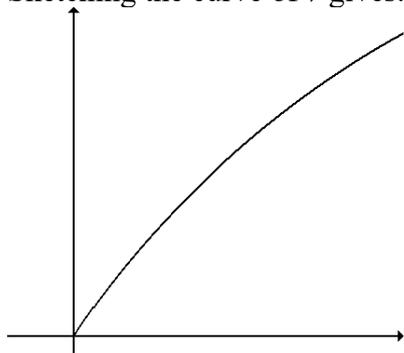
Hence:

$$\begin{aligned} v &= 2t^{\frac{3}{2}} \\ s &= \int v \, dt \\ 2 \int_0^t t^{\frac{3}{2}} \, dt &= 16 \\ \frac{2}{5} \left[t^{\frac{5}{2}} \right]_0^t &= 8 \\ t^{\frac{5}{2}} &= 20 \\ t &= 3.314\dots \\ &= 3.31 \text{ s (3 s.f.)} \end{aligned}$$

17 a In the interval $0 \leq t \leq 4$

$$v = 10t - 2t^{\frac{3}{2}}$$

Sketching the curve of v gives:



Therefore, v_{\max} occurs when $t = 4$

Substituting $t = 4$ into $v = 10t - 2t^{\frac{3}{2}}$ gives:

$$\begin{aligned} v &= 10(4) - 2(4)^{\frac{3}{2}} \\ &= 40 - 16 \\ &= 24 \text{ m s}^{-1} \text{ (3 s.f.)} \end{aligned}$$

$$\begin{aligned}
 \mathbf{17\ b} \quad v &= 10t - 2t^{\frac{3}{2}} \\
 s &= \int v \, dt \\
 &= \int \left(10t - 2t^{\frac{3}{2}} \right) dt \\
 &= 5t^2 - \frac{4}{5}t^{\frac{5}{2}} + c
 \end{aligned}$$

When $t = 0$, $s = 0$, therefore:

$$(0) = 5(0)^2 - \frac{4}{5}(0)^{\frac{5}{2}} + c$$

$$c = 0$$

$$s = 5t^2 - \frac{4}{5}t^{\frac{5}{2}}$$

When $t = 4$:

$$\begin{aligned}
 s &= 5(4)^2 - \frac{4}{5}(4)^{\frac{5}{2}} \\
 &= \frac{272}{5} \\
 &= 54.4 \text{ m}
 \end{aligned}$$

c In the interval $t > 4$

$$v = 24 - \left(\frac{t-4}{2} \right)^4$$

When at rest:

$$24 - \left(\frac{t-4}{2} \right)^4 = 0$$

$$\left(\frac{t-4}{2} \right)^4 = 24$$

$$(t-4)^4 = 384$$

$$t-4 = \pm 4.426\dots$$

$$\begin{aligned}
 t > 4 &\Rightarrow t = 8.426\dots \\
 &= 8.43 \text{ s (3 s.f.)}
 \end{aligned}$$

17 d From part **b** distance travelled in the interval $0 \leq t \leq 4$ is:

$$s = 54.4 \text{ m}$$

Distance travelled in the interval $4 \leq t \leq 8.4267\dots$ is:

$$\begin{aligned} & \int_4^{8.4267\dots} 24 - \left(\frac{t-4}{2}\right)^4 dt \\ & \int_4^{10} 24 - \left(\frac{t-4}{2}\right)^4 dt = \left[24t - \frac{(t-4)^5}{80} \right]_4^{8.4267\dots} + \left[24t - \frac{(t-4)^5}{80} \right]_{8.4267\dots}^{10} \\ & = \left(24(8.4267\dots) - \frac{((8.4267\dots)-4)^5}{80} \right) - \left(24(4) - \frac{((4)-4)^5}{80} \right) \\ & \quad + \left(24(10) - \frac{((10)-4)^5}{80} \right) - \left(24(8.4267\dots) - \frac{((8.4267\dots)-4)^5}{80} \right) \\ & = |84.9931\dots| + |-38.1931\dots| \\ & = 123.1863\dots \end{aligned}$$

Total distance travelled is $54.4 + 123.1863\dots = 178 \text{ m}$ (3 s.f)

Challenge

$$v = \frac{1}{2}t^2 + 2, \quad 0 \leq t \leq k \quad \text{and} \quad v = 10 + \frac{1}{3}t - \frac{1}{12}t^2, \quad k \leq t \leq 10$$

For $0 \leq t \leq k$:

$$\begin{aligned} s &= \int v dt \\ s &= \int_0^k \left(\frac{1}{2}t^2 + 2 \right) dt \\ &= \left[\frac{1}{6}t^3 + 2t \right]_0^k \\ &= \frac{1}{6}k^3 + 2k \end{aligned}$$

For $k \leq t \leq 10$:

$$\begin{aligned} s &= \int v dt \\ s &= \int_k^{10} \left(10 + \frac{1}{3}t - \frac{1}{12}t^2 \right) dt \\ &= \left[10t + \frac{1}{6}t^2 - \frac{1}{36}t^3 \right]_k^{10} \\ &= \left(10(10) + \frac{1}{6}(10)^2 - \frac{1}{36}(10)^3 \right) - \left(10k + \frac{1}{6}k^2 - \frac{1}{36}k^3 \right) \\ &= \frac{800}{9} - \left(10k + \frac{1}{6}k^2 - \frac{1}{36}k^3 \right) \end{aligned}$$

Total distance travelled:

$$s_{\text{total}} = \left| \frac{1}{6}k^3 + 2k \right| + \left| \frac{800}{9} - \left(10k + \frac{1}{6}k^2 - \frac{1}{36}k^3 \right) \right| \quad (1)$$

At $t = k$:

$$\frac{1}{2}t^2 + 2 = 10 + \frac{1}{3}t - \frac{1}{12}t^2$$

$$\frac{7}{12}t^2 - \frac{1}{3}t - 8 = 0$$

Substituting $t = k$ gives:

$$\frac{7}{12}k^2 - \frac{1}{3}k - 8 = 0$$

$$7k^2 - 4k - 96 = 0$$

$$(7k + 24)(k - 4)$$

$$k = -\frac{24}{7} \text{ or } k = 4$$

Since k lies between 0 and 10, $k = 4$

Substituting $k = 4$ into (1) gives:

$$\begin{aligned} s_{\text{total}} &= \left| \frac{1}{6}(4)^3 + 2(4) \right| + \left| \frac{800}{9} - \left(10(4) + \frac{1}{6}(4)^2 - \frac{1}{36}(4)^3 \right) \right| \\ &= \frac{56}{3} + 48 \\ &= \frac{200}{3} \end{aligned}$$