

7. The potential energy of a spring is given by

$$PE_s = \frac{1}{2} k x^2$$

$$PE_s = \left(\frac{1}{2}\right) (60 \text{ N/m}) (0.3 \text{ m})^2$$

$$PE_s = 2.7 \text{ N m} = 2.7 \text{ J}$$