

Frequency

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The frequency of a motion is the number of times it repeats in a certain amount of time. Frequency is related to period, which is time required to complete one cycle/oscillation, according to the following formula,

$$f = \frac{1}{T}$$

Frequency can be expressed in terms of angular frequency (**ω**) (also called angular speed, the magnitude of angular velocity), as shown below,

$$\omega = 2\pi f$$