7. [8 points] The pendulum drawn below is a sphere that is hung from the ceiling by a 2.5 meter long piece of string that is attached to the center of the sphere. The ceiling is 3 meters above the floor, and the pendulum is swinging in between the points A and B as shown in the picture below.


Let $H=h(t)$ be the distance (in meters) between the center of the pendulum and the ground at time $t$ (in seconds). Suppose that the function $h$ is periodic, and that the midline of $h$ is the line $H=1$.
a. [2 points] If it takes two seconds for the pendulum to move from A to B (and also from to B to A ), what is the period of the function $h$ ?

$$
\text { Period of } h=
$$

$\qquad$
b. [2 points] What is the minimum value of the function $h$ ?

Minimum value of $h=$ $\qquad$
c. [2 points] What is the amplitude of $h$ ?

Amplitude of $h=$
d. [2 points] What is the maximum value of the function $h$ ?

Maximum value of $h=$ $\qquad$

