10. [9 points] A pendulum is swinging in a semi-circular arc of radius 3 feet pictured below. The pendulum starts at the point $R$ and swings along the arc until it reaches the point $T$. Then, it swings back to the point $R$ along the arc. The motion then repeats.

Assume that the line through the points $T$ and $R$ is parallel to the ground.

a. [4 points] Suppose $h(t)$ is the height of the pendulum above the ground $t$ seconds after it is at the point $R$. Find the amplitude and midline of the graph of $y=h(t)$.

Amplitude: $\qquad$ Midline: $\qquad$
b. [2 points] The function $h(t)$ defined in part (a) has period 4. Find the period of the function $3 h(5 t)$.

Period of $3 h(5 t)$ : $\qquad$
c. [3 points] The angle $\theta$ measures $\frac{3 \pi}{10}$ radians. Find the height of the pendulum above the ground when it is at the point $P$. Give your answer in exact form.

Height of pendulum at $P$ :

