4. [12 points] A dare devil jumps off the side of a bungee jumping platform while attached to a magically elastic bungee cord. Just a few moments after the jump begins, a timer is started and her position is recorded. At $t$ seconds after the timer begins, her distance in feet below the platform is given by the function

$$
J(t)=-150 \cos (0.125 \pi(t+3))+150
$$

A portion of the graph of $y=J(t)$ is shown below.


Throughout this problem, do not make estimates using the graph.
a. [2 points] Compute the average velocity of the bungee jumper during the first 16 seconds after the timer begins.

Answer: average velocity $=$ $\qquad$
b. [3 points] Recall that average speed over an interval of time is given by $\frac{\text { distance traveled }}{\text { time elapsed }}$. Compute the average speed of the bungee jumper during the first 16 seconds after the timer begins.

Answer: $\quad$ average speed $=$ $\qquad$
c. [5 points] Use the limit definition of instantaneous velocity to write an explicit expression for the instantaneous velocity of the bungee jumper 2 seconds after the timer begins. Your answer should not involve the letter J. Do not attempt to evaluate or simplify the limit.

Answer:
d. [2 points] Find all values of $t$ in the interval $0 \leq t \leq 30$ when the instantaneous velocity of the bungee jumper is 0 feet per second.

