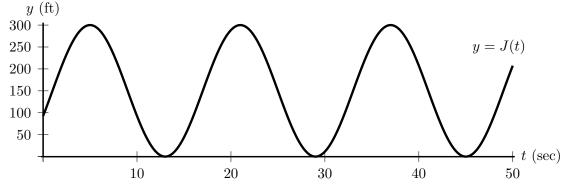
4. [12 points] A dare devil jumps off the side of a bungee jumping platform while attached to a magically elastic bungee cord. Just a few moments after the jump begins, a timer is started and her position is recorded. At t seconds after the timer begins, her distance in feet below the platform is given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

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

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 = _____

b. [3 points] Recall that average speed over an interval of time is given by distance traveled time elapsed.
Compute the average speed of the bungee jumper during the first 16 seconds after the timer begins.

Answer: average speed = $_$

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 $0 \le t \le 30$ when the instantaneous velocity of the bungee jumper is 0 feet per second.