

1) $|OC| = \frac{\sqrt{3}}{2} R$ $|CG| = \frac{\sqrt{3}}{4} R = |KG|$ $|AB| = R$

$I_G^{disc} = \text{diag} \left(\frac{mR^2}{8}, \frac{mR^2}{8}, \frac{mR^2}{4} \right) + \frac{m}{2} \text{diag} \left(\frac{3}{16} R^2, 0, \frac{3}{16} R^2 \right) = mR^2 \text{diag} \left(\frac{7}{32}, \frac{1}{8}, \frac{11}{32} \right)$

$I_G^{AO} = \text{diag} \left(0, \frac{mR^2}{24}, \frac{mR^2}{24} \right) + \frac{m}{2} \text{diag} \left(\frac{3}{16} R^2, 0, \frac{3}{16} R^2 \right) = mR^2 \text{diag} \left(\frac{3}{32}, \frac{1}{24}, \frac{13}{36} \right)$

$I_G^{sint} = I_G^{disc} + I_G^{AO} = \text{diag} \left(\frac{5}{16} mR^2, \frac{1}{6} mR^2, \frac{23}{48} mR^2 \right)$

2) $T = T^{OC} + T^{sint} = \frac{1}{2} \bar{\omega}^{OC} \cdot I_G^{OC} (\bar{\omega}^{OC}) + \frac{1}{2} m \bar{v}_G^2 + \frac{1}{2} \bar{\omega}^{sint} \cdot I_G^{sint} (\bar{\omega}^{sint})$

$\bar{\omega}^{OC} = \dot{\theta} \bar{e}_3$ $\bar{\omega}^{sint} = \dot{\varphi} \bar{e}_3$ $I_G^{OC} = \text{diag} \left(\frac{2mR^2}{3}, 0, \frac{2mR^2}{3} \right)$

$\bar{x}_G = \left(l \sin \theta + \frac{\sqrt{3}}{4} R \cos \varphi \right) \bar{e}_1 - \left(l \cos \theta + \frac{\sqrt{3}}{4} R \sin \varphi \right) \bar{e}_2$

$\bar{v}_G = \left(l \cos \theta \dot{\theta} + \frac{\sqrt{3}}{4} R \cos \varphi \dot{\varphi} \right) \bar{e}_1 + \left(l \sin \theta \dot{\theta} + \frac{\sqrt{3}}{4} R \sin \varphi \dot{\varphi} \right) \bar{e}_2$

$v_G^2 = l^2 \dot{\theta}^2 + \frac{3}{16} R^2 \dot{\varphi}^2 + \frac{\sqrt{3}}{2} lR (\cos \theta \cos \varphi + \sin \theta \sin \varphi) \dot{\theta} \dot{\varphi}$

$T = \frac{1}{2} \frac{2mR^2}{3} \dot{\theta}^2 + \frac{1}{2} \frac{23}{48} mR^2 \dot{\varphi}^2 + \frac{1}{2} m \left(l^2 \dot{\theta}^2 + \frac{3}{16} R^2 \dot{\varphi}^2 + \frac{\sqrt{3}}{2} lR (\cos \theta \cos \varphi + \sin \theta \sin \varphi) \dot{\theta} \dot{\varphi} \right)$
 $= \frac{5}{6} mR^2 \dot{\theta}^2 + \frac{1}{3} mR^2 \dot{\varphi}^2 + \frac{\sqrt{3}}{4} m lR (\cos \theta \cos \varphi + \sin \theta \sin \varphi) \dot{\theta} \dot{\varphi}$

$V = 2mg y_H + mg y_G - \bar{F} \cdot \bar{x}_G = -2mg l \cos \theta - mg \left(l \cos \theta + \frac{\sqrt{3}}{4} R \cos \varphi \right) - 2mg \left(l \sin \theta + \frac{\sqrt{3}}{4} R \sin \varphi \right)$
 $= -2mg l (\cos \theta + \sin \theta) - \sqrt{3} mg R (\cos \varphi + \frac{1}{4} \sin \varphi)$

$L = T - V$

eq. di Lagrange

$\frac{5}{3} mR^2 \ddot{\theta} + \frac{\sqrt{3}}{4} m lR (\cos \theta \cos \varphi + \sin \theta \sin \varphi) \ddot{\varphi} - \frac{\sqrt{3}}{4} m lR (\sin \theta \cos \varphi - \cos \theta \sin \varphi) \dot{\varphi}^2 + 2mg l (\sin \theta - \cos \theta) = 0$
 $\frac{2}{3} mR^2 \ddot{\varphi} + \frac{\sqrt{3}}{4} m lR (\cos \theta \cos \varphi + \sin \theta \sin \varphi) \ddot{\theta} - \frac{\sqrt{3}}{4} m lR (\cos \theta \sin \varphi - \sin \theta \cos \varphi) \dot{\theta}^2 + \sqrt{3} mg R \left(\frac{1}{4} \sin \varphi - \cos \varphi \right) = 0$

3) $\frac{\partial V}{\partial \theta} = 2mg l (\sin \theta - \cos \theta) = 0$

$\frac{\partial V}{\partial \varphi} = \sqrt{3} mg R \left(\cos \varphi - \frac{1}{4} \sin \varphi \right) = 0$

$\tan \theta = 1$ $\theta = \frac{\pi}{4}$, $\theta = \frac{5\pi}{4}$

$\tan \varphi = 4$ $\varphi = \arctan 4$, $\varphi = \arctan 4 + \pi$

$\frac{\partial^2 V}{\partial \theta^2} = 2mg l (\sin \theta + \cos \theta)$

$\frac{\partial^2 V}{\partial \varphi^2} = \sqrt{3} mg R (\cos \varphi + \frac{1}{4} \sin \varphi)$

$\frac{\partial^2 V}{\partial \theta \partial \varphi} = 0$

all' equilibrio, $\frac{\partial^2 V}{\partial \theta^2} = 4mg l \cos \theta > 0$ per $\theta = \frac{\pi}{4}$

$\frac{\partial^2 V}{\partial \varphi^2} = \sqrt{3} mg R \cos \varphi \frac{1}{4} > 0$ per $\varphi = \arctan 4$

l'equilibrio è stabile per $\theta = \frac{\pi}{4}$, $\varphi = \arctan 4$

4) $2m \bar{a}_H + m \bar{a}_G = 3m \bar{g} + \bar{F} + \bar{\phi}_0$

5) all'equilibrio stabile, $\cos \theta_0 = \sin \theta_0 = \frac{1}{\sqrt{2}}$, $\cos \varphi_0 = \frac{1}{\sqrt{17}}$, $\sin \varphi_0 = \frac{4}{\sqrt{17}}$

$A_{ij} = \begin{pmatrix} \frac{5}{3} mR^2 & \frac{\sqrt{3}}{4} m lR \\ \frac{\sqrt{3}}{4} m lR & \frac{2}{3} mR^2 \end{pmatrix}$

$C_{ij} = \begin{pmatrix} 2\sqrt{3} mg l & 0 \\ 0 & \frac{\sqrt{3}}{4} mg R \end{pmatrix}$

$\det(C - \omega^2 A) = 0$