## Rates of change

1. Compute the average rate of change of the function  $f(x) = 45\sin(x)^2 + 22x^3 - 4$  on the interval  $[0, \pi]$ .

2. Find a general expression for the average rate of change of the function f(x) = x(x-a) on the interval [a - h, a].

3. Suppose that the position function is given by  $s(t) = \frac{1}{(t-3)^2}$ . Make a table of appropriate average velocities in order to estimate the instantaneous velocity at t = 3.