



This worksheet focuses on exploring how to calculate both average and instantaneous rates of change and linking these ideas to real-world situations. You will practice computing the average change of a function over an interval and explore the concept of the instantaneous rate of change, which represents the limit of the average rate as the interval becomes infinitesimally small.

## Easy Questions

1. Please calculate the average rate of change of the function  $f(x) = 2x + 3$  between  $x = 1$  and  $x = 4$ .
2. Compute the average rate of change of  $f(x) = x^2$  on the interval  $[1, 3]$ .
3. State the average and instantaneous rate of change for the constant function  $f(x) = 5$  between  $x = 2$  and  $x = 6$ .
4. Calculate the average rate of change of  $f(x) = 3x^2 + 2x - 1$  from  $x = -1$  to  $x = 2$ .
5. Write down the definition of the instantaneous rate of change in your own words.

## Intermediate Questions

6. For  $f(x) = x^2$ , derive an expression for the average rate of change between  $x = 2$  and  $x = 2 + h$ . Then, explain what happens as  $h \rightarrow 0$ .
7. A town's population is modelled by  $P(t) = 1000 + 50t$ , where  $t$  represents time in years. Calculate the average rate of change of the population over a period of 5 years and explain what this rate represents.
8. A particle moves along a line so that its distance (in metres) is given by  $s(t) = 4t^2 + 2t$ , where  $t$  is in seconds. Find its average speed between  $t = 1$  and  $t = 3$  seconds.
9. For the linear function  $f(x) = 3x + 7$ , show that its instantaneous rate of change is equal to its average rate of change over any interval.
10. Determine the average rate of change of  $f(x) = x^2 + 4x + 1$  between  $x = -2$  and  $x = 0$ .
11. Calculate the average rate of change of  $f(x) = \sqrt{x + 9}$  from  $x = 0$  to  $x = 7$ .
12. Explain, in plain text, the graphical meaning of the instantaneous rate of change of a function at a point.

13. For the function  $f(x) = \frac{1}{x}$ , compute the average rate of change between  $x = 1$  and  $x = 2$ .
14. A graph passes through the points  $(2, 7)$  and  $(5, 19)$ . Calculate its average rate of change.
15. The function  $f(t) = t^3$  models a certain volume. Compute the average rate of change of this function between  $t = 1$  and  $t = 2$ .
16. Determine the average rate of change of  $g(x) = \sin(x)$  on the interval  $\left[0, \frac{\pi}{2}\right]$ .
17. For  $h(x) = |x|$ , find the average rate of change over the interval  $[-3, 3]$ .
18. A car's position is given by  $s(t) = t^2 + 3t + 2$ , where  $t$  is in seconds. Compute the instantaneous speed of the car at  $t = 4$  seconds by considering the limit of the average rate of change.
19. A projectile's height is given by  $h(t) = 100t - 5t^2$ . Calculate the average rate of change of the height between  $t = 0$  and  $t = 4$  seconds.
20. Describe, in a short paragraph, how the graph of a function might look if its instantaneous rate of change is increasing.

## Hard Questions

21. Using the limit definition of the instantaneous rate of change, find the instantaneous rate of change of  $f(x) = x^2$  at  $x = 3$ .
22. For  $f(x) = 2x^2 + 3x$ , determine the instantaneous rate of change at  $x = 1$  by computing the limit of the average rate of change as the interval shrinks to zero. Then, discuss the significance of this value.
23. Consider the function  $f(x) = \frac{1}{x+2}$ . Derive an expression for the average rate of change between  $x$  and  $x+h$ , and use this to find the instantaneous rate of change at  $x = 0$ .
24. A function  $f(x) = x^2 + 10x + 25$  represents the cost (in dollars) of producing  $x$  units. Find the instantaneous rate of change when  $x = 5$ , and explain what this rate of change indicates in an economic context.
25. The temperature (in degrees Celsius) is given by  $T(t) = 20 + 5t - \frac{t^2}{2}$  for  $0 \leq t \leq 8$ . Compute (a) the average rate of change over the first 4 hours and (b) the instantaneous rate of change at  $t = 4$ . Compare and explain any differences between the two rates.
26. Describe and sketch, using pen and paper, a possible graph of a function that exhibits a decreasing average rate of change yet has an interval where the instantaneous rate of change is increasing. In your answer, explain your reasoning.

27. For the function  $f(x) = \sqrt{x}$  (with  $x \geq 0$ ), derive an expression for the average rate of change between  $x$  and  $x + h$ . Simplify your answer and discuss how the average rate changes as  $x$  increases.
28. A company's profit is described by  $P(x) = -2x^2 + 120x - 1000$ , where  $x$  represents the number of items produced. Determine the average rate of change in profit as production increases from  $x = 20$  to  $x = 30$ . Then, estimate the instantaneous rate of change at  $x = 25$ , commenting on its business implications.
29. In an experiment, the concentration of a chemical is given by  $C(t) = 0.5t^2 + 3t + 50$ , where  $t$  is measured in minutes. (a) Calculate the average rate of change of  $C(t)$  between  $t = 2$  and  $t = 5$ . (b) Estimate the instantaneous rate of change at  $t = 3$  by considering a very small interval around  $t = 3$ .
30. Suppose a function  $f$  is differentiable at  $x = a$ . If the average rate of change over a very small interval around  $a$  is 7, what is the instantaneous rate of change at  $x = a$ ? Explain the relationship between these rates.