

> a.

Total distance = Absolute number of the total area under the curve (All positive)

 \Rightarrow A1 + A2 + A3 + A4 =

(0.5 x 4 x 4) + (4 x 4) + (0.5 x 2 x 4) + (0.5 x 4 x 4) == 36 m

> b. During the first 10 s : $a_{avg} = (v_2 - v_1)/(t_2 - t_1) = (0 - 0)/10 = 0$