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8.4. Proof of convergence; 9: Natural Frequencies and Modes of Beams; 9.1. Introduction; 9.2. Theoretical derivations of the eigenvalue problems; 9.3. Derivation of the eigenvalue problem for beams; 9.4. Building the stiffness, mass matrices and penalty matrices; 9.4.1. Terms  $K_{ij}$  of the non-dimensional stiffness matrix  $K$ ; 9.4.2. Terms  $M_{ij}$  of the non-dimensional mass matrix  $M$ ; 9.4.3. Terms  $P_{ij}$  of the non-dimensional penalty matrix  $P$ ; 9.5. Modes of vibration; 9.6. Results; 9.6.1. Free-free beam; 9.6.2. Clamped-clamped beam using 250 terms  
9.6.3. Beam with classical and sliding boundary conditions using inertial restraints to model constraints at the edges of the beam  
9.7. Modes of vibration; 10: Natural Frequencies and Modes of Plates of Rectangular Planform; 10.1. Introduction; 10.2. Theoretical derivations of the eigenvalue problems; 10.3. Derivation of the eigenvalue problem for plates containing classical constraints along its edges; 10.4. Modes of vibration; 10.5. Results; 11: Natural Frequencies and Modes of Shallow Shells of Rectangular Planform; 11.1. Theoretical derivations of the eigenvalue problems  
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#### Sommario/riassunto

A presentation of the theory behind the Rayleigh-Ritz (R-R) method, as well as a discussion of the choice of admissible functions and the use of penalty methods, including recent developments such as using negative inertia and bi-penalty terms. While presenting the mathematical basis of the R-R method, the authors also give simple explanations and analogies to make it easier to understand. Examples include calculation of natural frequencies and critical loads of structures and structural components, such as beams, plates, shells and solids. MATLAB codes for some common problems are also sup

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