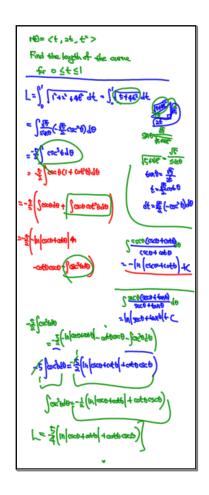
$$|y_{-1}| = (\cos t, 1, \sin t)$$

$$|z_{-1}| = (\cos t, 1, \sin t)$$

$$|z_{-1}| = \int_{0}^{2\pi} (-\sin t)^{2} + (\cos t)^{2} dt$$

$$|z_{-1}| = \int_{0}^{2\pi} (-\sin t)^{2} + (\cos t)^{2} dt$$

$$|z_{-1}| = \int_{0}^{2\pi} (2 dt + 2 t)^{2} dt$$



$$= -\cos \theta \cos \theta - \frac{1}{\cos \theta} \cos \theta$$

$$= -\cos \theta$$

$$K = |\Delta T| = |\Delta T| = |\Delta T|$$

$$Currections$$

$$\Delta S = |\Delta T| = |\Delta T|$$

$$\Delta S = |\Delta T| = |\Delta T|$$

$$T = |\Delta T|$$

$$T = |\Delta T|$$

$$T = |\Delta T|$$

$$T = |\Delta T|$$

$$r(t) = \langle acost asint, 1 \rangle$$

$$r(t) = \langle asint acost, o \rangle$$

$$T(t) = \frac{r'(t)}{|r'(t)|} = \frac{\langle asint acost, o \rangle}{|t|}$$

$$T(t) = \langle -cost, -sint, o \rangle$$

$$K = \frac{|T'(t)|}{|r'(t)|} = \frac{1}{\alpha} = \frac{1}{\alpha}$$