(11.5) In Table 11.5 the first degenerate levels have been given. Using the same assumptions, what states will be contained in the next level and how many nucleons will it contain?

Use eqn (11.25), Table 11.4, Table 11.5 and Table 11.6.

1i, 2g, 3d and 4s will have values according to Table 11.6. This means 26+18+10+2=56 nucleons.