(6.5) In Table 6.5 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 (6.33), Table 6.4, Table 6.5 and Table 6.6.

1i, 2g, 3d and 4s will have values according to Table 6.6. This means 26+18+10+2=56 nucleons.