

The amplitude of $y = a\cos bx$ is given by $|a|$, so the amplitude of $y = 5\cos\left(\frac{x}{4}\right)$ is 5. The period equals $\frac{2\pi}{|b|}$. Now

$5\cos\left(\frac{x}{4}\right) = 5\cos\left(\frac{1}{4}x\right)$, so $b = \frac{1}{4}$ and the period equals:

$$\frac{2\pi}{\left|\frac{1}{4}\right|} = \frac{2\pi}{\frac{1}{4}} = \frac{2\pi}{1} \cdot \frac{4}{1} = 8\pi$$