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## Observational

*other stuff in notebook*

### Lecture 3

- Parts of atmosphere are opaque due to water vapour,  $O_3$ , etc
- Correcting for atmospheric absorption:
  - **GET IMAGES FROM SLIDES**

$$X = 1 \text{ airmass}$$

$$X = \sec(z) \text{ airmasses}$$

$$-\int_{I_C}^{I_O} \frac{dI}{I} = \int_0^X k dX$$

$$\ln \frac{I_{obs}}{I_{corr}} = kX + c$$

$$\frac{I_{obs}}{I_{corr}} = e^{-kX}$$

$$m_{obs} - m_{corr} = -2.5 \log \frac{I_{obs}}{I_{corr}}$$

$$\begin{aligned} m_{obs} - m_{corr} &= -2.5 \log e^{-kX} \\ &= 2.5kX \log e \end{aligned}$$

$$m_{corr} = m_{obs} - A_\lambda(z=0) \sec z$$

- Atmospheric refraction
  - **MATHS AND PICS IN SLIDES**
  - plane parallel atmosphere
  - apply laws of refraction
  - basic trig stuff
  - always in small angle approx range
  - $r = (n-1) \tan(z_0)$
- Refractive index also has wavelength dep
- atmos ref turns into an atmos dispersion
- disperses more for smaller wavelength
  - 3 or 4 arcsecs
  - a lot
- Every object appears as a spectrum as colors separate
- atmos emission
  - fluorescent emission
    - \* air glow
  - emits thermal radiation for TE
  - Most emission is from OH molecules in upper atmos
    - \* vibrational and rotational movement
- want to try and stay away from regions with lots of this emission
- Other sources of emission:
  - light pollution
    - \* from ground
    - \* from satellites and aircraft
  - zodiacal light
    - \* light scattered from interplanetary dust

- \* in plane of the Solar System
  - scattered light
    - \* e.g. from the moon
    - \* telescope scheduling to dark, grat, and bright time
- more difficult observations at longer wavelengths
  - more background issues
- dust causes lots of interference
  - at longer wavelengths, interaction between dust and photons is smaller
  - interaction cross-section
- easier to see through dust a lot easier and see other galaxies etc at longer wavelengths
- Atmospheric turbulence
  - *twinkle twinkle little star*
  - Stars twinkle due to light getting bounced around in atmos
- Angular resolution of telescope limited by Fraunhofer Diffraction
  - *see last year*
  - Airy disk
  - assume stars as point sources
  - large telescope  $\implies$  small airy disk
  - small telescope  $\implies$  large airy disk
  - how close before two stars are seen as one?
- Characterise resolution with Rayleigh criterion
  - at some point the principle maximum of one star overlays with the principle minimum of the second
    - \* *diffraction limit*
  - $\theta_{dl} = 1.22 \frac{\lambda}{D}$ 
    - \* integrate round a cylinder using Bessel fns to get this
    - \* covered sort of later on in other module
- Atmos is constantly moving
  - changing size, density, and temperature causes different path lengths over dt for stars
  - sum up over lots of dt for observing
    - \* causes blurring though
  - no longer airy disk, severely blurry
- for atmos turbulence, the seeing is defined as minimum angle between two stars that can just be resolved
  - typically in arcsec
  - 50x worse than the diffraction limit
- Detectors
  - Charged Coupled Device
  - little silicon micro-circuits
  - little array of capacitors
  - discrete energy bands
    - \* conduction band and valence band
    - \* difference of  $\approx 1.1\text{eV}$
  - upper cut-off wavelengths governed by band gap voltage difference
  - lower wavelengths cut-off by absorption of photons into the silicon
  - excellent Quantum efficiency
    - \*  $> 90\%$
  - high dynamic range
  - excellent linearity
  - excellent stability
  - still not enough pixels

## Lecture 4

### Back to CCDs:

- Well Depth
  - how many electrons can be stored in the upper state, usually 100s of thousands
- use binary for how many levels for the signal
  - i.e. 8 bit =  $2^8 = 256$  levels
- System Gain
  - how many photo-electrons are required for digital output of 1
  - small gain means reduced saturation signal

### Photometry

- Process of obtaining quantitative (numerical) values of the brightness of celestial objects
- CCD gives output prop to number of photons incident on each pixel
- Photometry takes raw data and corrects for noise from other sources
- Noise is just any interference for the image
- SNR (signal to noise ratio) defined as ratio of useful to non-useful data
- Poisson stats
  - arrival of photons governed by this
  - studied for how cameras observe sky stuff
  - see stats last year
  - Hughes and Hase and labs stuff

$$P(n, N) = \frac{\exp(-N)N^n}{n!}$$

- High means approximates Gaussian stats
- mean is  $N$ 
  - also Variance
  - std dev is  $\sqrt{N}$
- Telescope experiments can take eight hours or so
  - so use Poisson errors for easy error in counts
- Small error associated with read out

### Basic Data Reduction to Correct for Background in CCD

- Bias
  - a zero second readout which results in a constant offset
  - allows for understanding of the “noise” quantity
- Dark
  - CCD band stuff
  - CCD will be in TE so will promote thermal photons
  - thermal photons can hit detector and skew results
  - this will increase in time
- Flat Field
  - variations in sensitivity
  - varied energy ever so slightly across CCD
  - quantum efficiency
  - slight changes across the CCD in efficiency causes a non-uniform field across CCD
- Also have sky background counts
  - these are often the most significant contributor

$$\text{Final Frame} = \frac{\text{Object Frame} - (\text{dark} + \text{bias})}{\text{Flat Field} - (\text{dark} + \text{bias})}$$

$$\begin{aligned}\text{Final Frame} &= \frac{\text{Object Frame} - (\text{dark} + \text{bias})}{\text{Flat Field} - (\text{dark} + \text{bias})} - \frac{\text{Sky Frame} - (\text{dark} + \text{bias})}{\text{Flat Field} - (\text{dark} + \text{bias})} \\ \implies \text{Final Frame} &= \frac{\text{Object Frame} - \text{Sky Frame}}{\text{Flat Field} - (\text{dark} + \text{bias})}\end{aligned}$$

## Noise Sources

- Basic sources of noise are:
  1. Readout noise,  $\sigma_{rd}$  electrons (Gaussian)
  2. Photon noise on the signal from the object (Poisson)
    - $= \sqrt{f_{obj}t}$
  3. Photon noise on the signal from the sky background (Poisson)
    - $= \sqrt{f_{bg}t}$
  4. Photon noise on the dark current (Poisson)
    - $= \sqrt{dt}$
- Uncorrelated noise sources can be added in quadrature
  - $\sigma_{\text{total}} = \sqrt{\sigma_1^2 + \sigma_2^2}$
- Signal/Noise

$$SNR = \frac{S}{\sqrt{S + D + B + \sigma_{rd}^2}}$$

- S - signal
- B - background
- D - dark
- $\sigma_{rd}$  - read error
- Prev equation assumes all the terms are in photo-electrons
- Will need to be accounted for if in ADU
- counts in number of photons
- gain can be set to more than 1
  - confuses simple SNR eqn and changes what you plug in

## SNR Approximations

- Common approximations:
  1. Photon noise limited on the object
    - signal dominates so can ignore other terms for SNR
  2. Sky Limited
    - sky background dominates, only count background
  3. Read Noise Limited
    - read background dominates, only count read term

## Lecture 5

### Spectroscopy

- Most useful tool in astro
- measurement of intensity of a light source
  - function of wavelength
- Different spectra:
  1. light from source straight to detector
    - continuous spectrum
  2. light from source travels through a cloud of gas straight to detector

- continuous spectrum with dark lines
- 3. light from source travels into cloud and scatters through it to detector
  - bright line spectrum on black background
- Types of spectrograph
  1. Refraction (prisms)
  2. Diffraction gratings
  3. Interference (Fabry-Perot interferometer)
    - focus on diffraction grating
- Diffraction grating
  1. Slit
    - need this to focus light from source of interest and block everything else
  2. Collimating lens
    - make sure light lands parallel to diffraction grating
  3. Diffraction grating
  4. Camera
- Condition for constructive interference:

$$n\lambda = d \sin \theta$$

$$\frac{d\theta}{d\lambda} = \frac{n}{d \cos \theta}$$

- $\frac{d\theta}{d\lambda}$  is known as angular dispersion (rad/nm)
  - higher dispersions from higher spectral orders and smaller line spacings
  - more convenient for Reciprocal Linear dispersion ( $\frac{d\lambda}{dx}$ )
  - measuring wavelength per unit x at detector (nm/mm)
  - multiply  $\frac{d\theta}{d\lambda}$  by plate scale  $\frac{d\theta}{dx} = \frac{1}{f_{cam}}$

$$\frac{d\lambda}{dx} = \frac{d\lambda}{d\theta} \frac{d\theta}{dx} = \frac{d}{f_{cam} n} \cos \theta$$

## Grating Equation

- For angles of incidence to grating
- For diffraction grating or reflection

$$n\lambda = d(\sin \alpha + \sin \beta)$$

$$n\lambda\rho = \sin \alpha + \sin \beta ; \rho = \frac{1}{d}$$

## Resolving Power

- Recall angle for blurred star

$$\theta = 1.22 \frac{\lambda}{D}$$

- Resolving power of a spectrograph is wavelength over band pass:
  - $\lambda$  is the wavelength
  - $\Delta\lambda$  is the minimum discernible difference in  $\lambda$

$$R = \frac{\lambda}{\Delta\lambda} = nN$$

$$R = \frac{n\rho\lambda W}{\chi D_T}$$

- Where
  - $n$  is diffraction order#
  - $N$  is number of lines
  - $\rho$  is the ruling density (lines/mm)
  - $\lambda$  is the wavelength
  - $W$  is the grating size
  - $\chi$  is the angular size of the image of a star on slit
  - $D_T$  is the telescope size
- Don't want too narrow a slit
  - optimise width of slit for photons from star
  - spectral resolution gets blurred
- Second equation above is for a practical spectrograph
  - At most wavelengths, this value of  $R$  is much less than that given by  $nN$

### CDs, DVDs, and Blu-Rays

- basically diffractions gratings
- DVDs store more info than CDs based on diffraction types
- Blu-Rays need UV light to make sense

## Lecture 6

### Measuring Stars

- Black body radiation

$$E(\lambda, T) = \frac{2hc^2}{\lambda^5} \frac{1}{e^{\frac{hc}{\lambda kT}} - 1}$$

- Characteristic temperature is where  $\frac{dE}{d\lambda} = 0$ , bump at top of curve
- Colours of stars depends on plot, nearest colour to peak is visible colour

$$L = 4\pi R^2 \sigma T^4$$

- Calc distance to star?
  - use parallax
  - define 1 parsec as distance corresponding to parallax of  $\theta = 1''$
  - $1 \text{ psc} = 206265 AU$

### Interferometry

- Combines light from two telescopes
  - makes it possible to measure stars
  - interfere the light and measure phase difference
  - diffraction limit:  $1.22 \frac{\lambda}{D}$
- As star tracks across sky, path length changes
  - phase will shift in and out of phase with movement
  - more complicated for two light sources
  - get a more complex fringe pattern
    - \* modulated by  $\frac{\lambda}{D}$  for each telescope
- Moving telescopes apart changes fringe pattern
  - at some point apart, the fringe pattern will disappear and will resolve the star
  - can then use maths to find  $\theta$  and find the radius using that and the distance away

- VLT uses more than two telescopes
- Aperture synthesis
  - a trick we need for observations
  - path length will not change between two telescopes, if they come over parallel
  - Will have a ‘y’ pattern of telescope arrays so that path length will always be changing no matter what way it is passing over the sky

## Lecture 7

- Zero-point mag gives one count
- **See example sheet from Lecture 6 for some good notes**

## Multi-Wavelength Techniques

- Missing a huge fraction of images outside visual
  - how do we see the rest of it?
- X-ray radiations
  - electrons wizzing around
  - Accelerated to high energies in plasma state
  - effectively in about a million K
  - protons will make electrons change path, and emit energy
  - accretion disks generate some of this
- Difficulties
  - X-rays have too high energies
  - mirrors absorb it and don’t work
  - very shallow angle mirrors focus instead
  - Grazing incidence
- UV radiation
  - temperatures of around  $50\text{ kK}$
  - massive stars
  - clumpy as all around clumps of new big stars forming in groups
- Difficulties
  - CCDs have lower QE for these lower energies
  - hard to move energy level difference in CCDs to measure UV accurately
  - swamped by other photons
  - use a blocking filter to try and filter visual photons away and just get UV
- Infra-red radiation
  - begin to suffer from sky background here
  - to do it accurately, you need to be in space
  - see a ‘fuzz’ tracing spiral arms on galaxies
    - \* hot dust in the interstellar medium being heated by stars
    - \* emission from cooler stars
    - \* globular clusters of old stars
- Sub-millimeter radiation
  - looking at  $T = 3 \rightarrow 10\text{ K}$
  - challenging to detect such low energies
  - very sensitive thermometers
  - liquid helium at a few micro-Kelvin
  - changes resistance and allows current to flow for a second
- Why
  - Pillars of Creation
  - lots of dusty regions
    - \* actively forming stars in the dust clouds



- \* carbonaceous material - graphite, diamonds etc
  - \* silicates
  - \* ices
- optical photons increases dust temperature slightly, still around 10 K though
  - \* emits 100 micron wavelength photons to lose temperature
- looking at Pillars in sub-millimeter shows clouds glowing now
- can observe nebulae very differently in sub-millimeter
- Radio radiation
  - 3 components
    - \* local thunderstorms
    - \* distant thunderstorms - radio waves bounce round atmosphere
    - \* constant hiss with period of 23 hours 56 minutes and 4.1 seconds
    - \* sidereal day
  - This hiss is the galactic emission
  - surface of telescopes need to be ‘smooth’
  - smoothness isn’t as necessary for radios
    - \* easy to build big telescopes for radio without this concern
  - very difficult to get a high resolution radio telescope

## Lecture 8

### Radios Ctd

- Biggest telescope is FAST
  - 500m diameter
- Why observe in radio?
  - 21cm
    - \* Neutral H emission
  - electron can have parallel or anti-parallel spin
    - \* two sub ground states
  - anti-parallel is lower energy than parallel so will eventually flip to this one
    - \* very small energy difference
    - \* hyper-fine energy splitting
    - \* this takes a few millions years though
  - lots of H in galaxies
    - \* probability adds up to observe this
    - \* pointing radio telescopes sees this

### Telescope Tech

- ‘Twinkling star’
  - caused by atmosphere moving around and bumping image around
  - break it up into sub-images
    - \* speckles
  - whole image will also move around
- Fried parameter
  - $r_0 \approx 10 \text{ cm}$
  - size of turbulent cells
  - coherence time
    - \*  $t_0 = \frac{r_0}{v}$
    - \*  $v$  is wind speed
    - \* this means that a star will only be stable for about  $10 \text{ ms}$
- Correcting this
  - light comes in normally

- hits third mirror that can change angle with actuators
- then hits a beam splitter
  - \* 50% to computer analyser
  - \* 50% to somewhere else
- computer constantly measures image and changes actuators to correct image for turbulence
  - \* uses fast Fourier transforms to get back to real image
  - \* happens every millisecond or so
- this requires bright star though
- shine lasers up to 15 km into atmosphere to focus
  - \* this creates a fake star for corrections - ‘natural guide star’

## Exoplanets

- How do we observe planets against photon noise of stars?
  - observe stellar spectrum and planet spectrum for comparison
  - heavier molecules are more difficult to observe as they’re lower down
    - \* refraction issues
  - detecting  $O_3$  would be a key trigger for life
    - \* not able to do it yet

## Stars

### Lecture 1

- Black body emission curve
  - LHS from peak  $\lambda$  is Rayleigh Jeans tail
  - RHS from peak is Wien tail

$$\lambda_{max} = \frac{2.9 \times 10^{-3}}{T} m$$

$$\lambda_{max, Bet} = 8.3 \times 10^{-7} m \implies T \approx 3500 K$$

$$\lambda_{max, Sun} = 5.5 \times 10^{-7} m \implies T \approx 5300 K$$

$$\lambda_{max, Bel} = 3.0 \times 10^{-7} m \implies T \approx 9400 K$$

### Lecture 2

#### Excitation Energies

- Bohr model
- page 8 on slides
- $n$  denotes the orbitals/electron shells
- $n = 1$  is the ground state

$$E = E_{high} - E_{low} = \frac{hc}{\lambda} = -13.6 \left( \frac{1}{n_{high}^2} - \frac{1}{n_{low}^2} \right)$$

$$n = 2 \rightarrow 4$$

$$E = 2.55 eV \implies \lambda = 486.1 nm \implies H\beta$$

- this was absorption
- $H\beta$  is shorthand for Balmer series  $\beta$ 
  - Optical light

$$n = 2 \rightarrow 1$$

$$E = 10.2 \text{ eV} \implies \lambda = 121.6 \text{ nm} \implies Ly\alpha$$

- this was emission
- $Ly\alpha$  is shorthand for Lyman series  $\alpha$ 
  - UV light
- Photons emitted from de-excitation in random direction
  - statistics means we probably won't see this

### Ratios of Excitation Levels

$$n = 2 \rightarrow 1$$

$$\frac{N_2}{N_1} = \frac{g_2}{g_1} e^{-\frac{(E_2 - E_1)}{kT}}$$

$$g_1 = 2 ; g_2 = 8 ; T = 5800 \text{ K}$$

$$\frac{N_2}{N_1} = 5.1 \times 10^{-9}$$

- 1 billionth of H atoms in first excited state, negligible

### Ionisation Energies

- $\chi$  is the ionisation energy

$$\frac{N_{i+1}}{N_i} = \frac{2Z_{i+1}}{n_e Z_i} \left( \frac{2\pi m_e kT}{h^2} \right)^{\frac{3}{2}} e^{-\frac{\chi}{kT}}$$

$$E > -13.6 \left( \frac{1}{\infty^2} - \frac{1}{n_{low}^2} \right) \text{ eV}$$

$$n = 1 \rightarrow \infty \implies E > 13.6 \text{ eV}$$

$$n = 2 \rightarrow \infty \implies E > 3.4 \text{ eV}$$

## Lecture 3

### Binary Star Systems

- slide 8, binary system
- look at the semi-major axes of the orbits of the two stars around the centre of mass of the system
  - $a_1$  and  $a_2$  for  $m_1$  and  $m_2$

$$P^2 = \frac{4\pi^2 a^3}{G(m_1 + m_2)}$$

$$a = a_1 + a_2$$

- Smaller semi-major axis means larger mass
- similar to see-saw

$$m_1 a_1 = m_2 a_2 \implies \frac{m_1}{m_2} = \frac{a_2}{a_1}$$

- ratio of the semi-major axes gives ratio of masses
- actually measure  $\alpha$ , angle of separation:
  - for  $d$ , distance from us

$$\alpha_n = \frac{a_n}{d} \implies \frac{m_1}{m_2} = \frac{\alpha_2}{\alpha_1}$$

## Visual Binary Systems

### Normal Example

- $d = 10 \text{ pc}$  ;  $P = 200 \text{ days}$
- $\alpha_1 = 0.02''$  ;  $\alpha_2 = 0.08''$

$$a_1 = \alpha_1 d = 0.2 \text{ Au} ; a_2 = \alpha_2 d = 0.8 \text{ Au}$$

$$a = a_1 + a_2 = 1 \text{ Au}$$

$$m_1 + m_2 = \frac{4\pi^2 a^3}{GP^2} = 3.4 M_\odot = M_{tot}$$

$$\frac{m_1}{m_2} = \frac{\alpha_2}{\alpha_1} = \frac{a_2}{a_1} = 4.0 = M_{rot}$$

$$m_1 = \left[ \frac{M_{rot}}{1 + M_{rot}} \right] M_{tot} = 2.72 M_\odot$$

$$m_2 = \left[ \frac{1}{1 + M_{rot}} \right] M_{tot} = 0.68 M_\odot$$

### Inclination Example

- For angled systems that aren't flat against our observations:

$$\begin{aligned} \hat{\alpha}_n &= \alpha_n \cos i \\ m_1 + m_2 &= \frac{4\pi^2}{G} \left( \frac{d}{\cos i} \right) \frac{\hat{\alpha}^3}{P^2} \\ \hat{\alpha} &= \hat{\alpha}_1 + \hat{\alpha}_2 \end{aligned}$$

- Has no effect on mass ratios observed -  $\cos$  cancels
- Above equation means the actual masses will be affected by the inclination

## Spectroscopic Binaries

- Correcting for inclination:

$$v_{nr}^{max} = v_n \sin i$$

- Assume  $e \ll 1$

$$\begin{aligned} v_n &= \frac{2\pi a_n}{P} \\ \frac{m_1}{m_2} &= \frac{v_2}{v_1} \end{aligned}$$

- Same sort of stuff as visual binaries, but  $\sin$  instead of  $\cos$  basically

## Special Case: Eclipsing Spectroscopic Binaries

- $i \approx 90^\circ$
- don't need any corrections etc

## Lecture 4

$$P = \underbrace{\frac{\rho k T}{\mu m_H}}_{\text{ideal gas law}} + \frac{1}{3} a T^4$$

- Hydrostatic Equilibrium:
  - Pressure force = Gravitational force

$$P \text{ on } dA = [P(r + dr) - P(r)]dA \\ = dP dA$$

$$\text{Gravitational} = g \underbrace{\frac{dA dr}{\text{volume}}}_{\text{mass}} \rho, \quad g = \frac{GM_r}{r^2}$$

$$dP dA = -g \rho dA dr$$

$$\frac{dP}{dr} = -\frac{GM_r \rho}{r^2}$$

$$\frac{dM_r}{dr} = 4\pi r^2 \rho$$

$$M_r = \frac{4}{3}\pi r^3 \rho$$

$$\frac{dP}{dr} = -G \frac{4}{3}\pi r \rho^2$$

$$\int_{P_s}^{P_c} dP = -\frac{4}{3}\pi G \rho^2 \int_R^0 r dr$$

$$P_c = \frac{2}{3}\pi G \rho^2 r^2, \quad P_s = 0 \text{ at } r = R \\ = \frac{2}{3}\pi G r^2 \left[ \frac{3}{4} \frac{M}{\pi r^3} \right]^2 \\ = \frac{3}{8\pi} \frac{GM^2}{R^4}$$

- Example for our sun:

$$M = 2 \times 10^{30} \text{ kg} ; \quad R \approx 7 \times 10^8 \text{ m}$$

$$P_c \approx 10^{14} \text{ N m}^{-2}$$

$$P_{c, \text{true}} \approx 2 \times 10^{16} \text{ N m}^{-2}$$

- out as assumed uniform density

## Lecture 5

### Virial Theorem

$$\frac{dP}{dr} = -\frac{GM\rho}{r^2} \times V = \frac{4}{3}\pi r^3$$

$$V \frac{dP}{dr} = -\frac{GM\rho}{r^2} \frac{4}{3}\pi r^3$$

$$- \text{plug in } \frac{dm}{dr} = 4\pi r^2 \rho$$

$$V \frac{dP}{dr} = \frac{1}{3} \frac{GM}{r} \frac{dm}{dr}$$

$$\int_0^{P(R)} V dP = -\frac{1}{3} \underbrace{\int_0^M \frac{GM}{r} dm}_{\text{Total GPE}=U}$$

$$LHS : \int U dV = UV - \int V dU$$

$$\int_0^{P(R)} V dP = \underbrace{[PV]_0^{R_0}}_{=0} - \int_0^{V(R)} P dV = -\frac{1}{3}U$$

$$-3 \int_0^{V(R)} P dV = U, \quad dV = \frac{dm}{\rho} \implies$$

$$-3 \int_0^M \frac{P}{\rho} dm = U \quad - \text{generalised form of Virial Theorem}$$

$$\text{Ideal Gas: } P = nkT = \frac{\rho kT}{\mu m_H}$$

$$\text{Average KE: } = \frac{3}{2}kT$$

$$\text{KE per kilo: } = \frac{3}{2} \frac{kT}{\mu m_H}$$

$$E_{KE} = \frac{3}{2} \frac{kT}{\mu m_H} = \frac{3}{2} \frac{P}{\rho}$$

$$-3 \int_0^M \frac{P}{\rho} dm = U, \quad \frac{P}{\rho} = \frac{2}{3} E_{KE}$$

$$\underbrace{\int_0^M E_{KE} dm}_{\text{Total KE, assume ideal gas}} = -\frac{1}{2}U$$

Total KE, assume ideal gas

$$\implies K = -\frac{1}{2}U$$

## Energy from Gravitational Collapse

$$dU_{g,i} = -\frac{GM_r dm_i}{r} \text{ - GPE of point mass}$$

Consider shells of material

$$dm = 4\pi r^2 \rho dr$$

$$dU_g = -\frac{GM_r 4\pi r^2 \rho}{r} dr \text{ - GPE of a shell}$$

$$U_g = -4\pi G \int_0^R M_r \rho_r dr$$

$$M_r = \frac{4}{3}\pi r^3 \bar{\rho} \text{ - avg density isn't too bad here}$$

$$\begin{aligned} U_g &= -\frac{16}{3}\pi^2 G \bar{\rho}^2 \int_0^R r^4 dr \\ &= -\frac{16}{15}\pi^2 G \bar{\rho}^2 R^5 \end{aligned}$$

Convert back to mass

$$U = -\frac{9}{15} \frac{GM^2}{R} \text{ - GPE of the star}$$

$$K = -\frac{1}{2}U$$

$$\Rightarrow E = \frac{3}{10} \frac{GM^2}{R}$$

$$E \approx \frac{3}{10} GM^2 \left[ \frac{1}{R} - \frac{1}{R_{initial}} \right]$$

$$= \frac{3}{10} \frac{GM^2}{R} \iff R \ll R_{initial}$$