

$\triangle ACD \sim \triangle ABC$

$$CD/AC = BC/AB$$

$$\sin 2\theta/2 \cos \theta = 2 \sin \theta/2$$

$$\sin 2\theta = 2 \sin \theta \cos \theta$$

$$AD/AC = AC/AB$$
$$(1 + \cos 2\theta)/2\cos \theta = 2\cos \theta/2$$
$$\cos 2\theta = 2\cos^2 \theta - 1$$