Contents

I **Part One**

1 **Newtonian particle mechanics** 17
1.1 Inertial frames and the Galilean transformation 17
1.2 Newton's laws of motion 19
1.3 Systems of particles 25
1.4 Conservation laws 28
1.5 Forces of Nature 41
1.6 Dimensional analysis 43
1.7 Summary 45

2 **Relativity** 55
2.1 Foundations 55
2.2 Relativistic kinematics 62
2.3 Relativistic dynamics 69
2.4 Summary 88

3 **The Variational Principle** 99
3.1 Fermat's principle 99
3.2 The calculus of variations 100
3.3 Geodesics 107
3.4 Brachistochrone 110
3.5 Several Dependent Variables 114

3.6 Mechanics from a variational principle . . . 116
3.7 Motion in a uniform gravitational field . . . 117
3.8 Arbitrary potential energies . . . 121
3.9 Summary . . . 122

4 Lagrangian mechanics . . . 131
4.1 Nonconservative forces . . . 131
4.2 Forces of constraint and generalized coordinates . . . 132
4.3 Hamilton's principle . . . 133
4.4 Generalized momenta and cyclic coordinates . . . 138
4.5 Systems of particles . . . 145
4.6 The Hamiltonian . . . 152
4.7 When is $H \neq E$? . . . 156
4.8 The moral of constraints . . . 158
4.9 Small oscillations about equilibrium . . . 159
4.10 Recap . . . 161
4.11 Summary . . . 162

5 From classical to quantum and back . . . 171
5.1 Classical waves . . . 171
5.2 Two-slit experiments and quantum mechanics . . . 178
5.3 Feynman sum-over-paths . . . 181
5.4 Helium atoms and the two slits, revisited . . . 183
5.5 The emergence of the classical trajectory . . . 189
5.6 Why Hamilton's principle? . . . 193
5.7 The Jacobi action . . . 195
5.8 Summary . . . 198

II Part Two

6 Constraints and Symmetries . . . 207
6.1 Contact forces . . . 207
6.2 Symmetries and conservation laws: a preview . . . 218
6.3 Cyclic coordinates and generalized momenta . . . 219
6.4 A less straightforward example . . . 221
6.5 Infinitesimal transformations . . . 222
6.6 Symmetry . . . 225
6.7 Noether's theorem . . . 227
6.8 Some comments on symmetries . . . 238
6.9 Summary . . . 238

7 Gravitation and Central-force motion 247
7.1 Central forces 247
7.2 The two-body problem 249
7.3 The effective potential energy 251
7.4 The shape of central-force orbits 255
7.5 Bertrand's Theorem 262
7.6 Orbital dynamics 263
7.7 Summary 271

8 Electromagnetism 279
8.1 Gravitation revisited 279
8.2 The Lorentz force law 283
8.3 The Lagrangian for electromagnetism 287
8.4 The two-body problem, once again 289
8.5 Coulomb scattering 291
8.6 Motion in a uniform magnetic field 295
8.7 Relativistic effects and the electromagnetic force 310
8.8 Summary 313

9 Accelerating frames 319
9.1 Linearly accelerating frames 319
9.2 Rotating frames 322
9.3 Pseudoforces in rotating frames 325
9.4 Pseudoforces on Earth 329
9.5 Spacecraft rendezvous and docking 337
9.6 Summary 343

10 From black holes to random forces 353
10.1 Beyond Newtonian gravity 353
10.2 The Schwarzschild geometry 357
10.3 Geodesics in the Schwarzschild spacetime 362
10.4 The Event Horizon and Black Holes 370
10.5 Magnetic gravity 372
10.6 Gauge symmetry 375
10.7 Stochastic forces 377
10.8 Summary 382

III Part Three

11 Hamiltonian formulation 389
11.1 Legendre transformations 389

11.2 Hamilton's equations . . . 393
11.3 Phase Space . . . 396
11.4 Canonical transformations . . . 401
11.5 Poisson brackets . . . 407
11.6 Liouville's theorem . . . 412
11.7 Summary . . . 412

12 Rigid Body Dynamics . . . 423
12.1 Rigid Bodies . . . 423
12.2 Rotations . . . 424
12.3 Infinitesimal Rotations . . . 426
12.4 The Euler Angles . . . 429
12.5 Rotational kinetic energy . . . 434
12.6 Potential Energy . . . 441
12.7 Angular Momentum . . . 444
12.8 Torque . . . 446
12.9 Principal Axes . . . 447
12.10 The parallel-axis theorem . . . 450
12.11 Torque-Free Dynamics . . . 452
12.12 Gyroscopes . . . 457
12.13 Summary . . . 461

13 Coupled oscillators . . . 467
13.1 Linear systems of masses and springs . . . 467
13.2 More realistic bound systems . . . 479
13.3 Vibrational degrees of freedom . . . 485
13.4 The continuum limit . . . 487
13.5 Summary . . . 502

14 Complex systems and numerical techniques . . . 521
14.1 Integrability . . . 522
14.2 Conservative chaos . . . 530
14.3 Dissipative chaos . . . 534
14.4 Summary . . . 539

15 Seeds of Quantization . . . 543
15.1 Hamilton-Jacobi theory . . . 543
15.2 Hamilton's characteristic function . . . 546
15.3 Action angle variables . . . 548
15.4 Adiabatic invariants . . . 550
15.5 Early quantum theory . . . 554

15.6 Optics: from waves to rays 557
15.7 Schrödinger's wave mechanics 560
15.8 Summary 564

IV Appendices

Appendices 569

A Appendix Coordinate systems 571
A.1 Cartesian coordinates 571
A.2 Cylindrical coordinates 572
A.3 Spherical coordinates 574

B Appendix Integral theorems 577
B.1 Green's theorem 577
B.2 Stocke's theorem 578
B.3 Divergence theorem 581

C Appendix Runge-Kutta 585

D Appendix Fractal dimension 589

E Appendix The logistic map 591