

$$\textcircled{1} \quad \mathcal{L} = \frac{1}{2} \lambda_1 (\dot{\phi}^2 \sin^2 \theta + \dot{\theta}^2) + \frac{1}{2} \lambda_3 (\dot{\psi} + \dot{\phi} \cos \theta)^2$$

Both ϕ and ψ are ignorable coordinates. Thus,

$$\frac{\partial \mathcal{L}}{\partial \phi} = \frac{\partial \mathcal{L}}{\partial \psi} = 0 \quad \text{this means that} \quad \frac{\partial \mathcal{L}}{\partial \dot{\phi}} = \text{const.} \quad \text{and} \quad \frac{\partial \mathcal{L}}{\partial \dot{\psi}} = 0$$

There is no change in the generalized momenta of ϕ or ψ coordinates. These are the angles about \hat{z} and \hat{e}_3 , respectively.
so

$$P_\phi = \frac{\partial \mathcal{L}}{\partial \dot{\phi}} = \lambda_1 \dot{\phi} \sin^2 \theta + \lambda_3 (\dot{\psi} + \dot{\phi} \cos \theta) \cos \theta = \text{const.}$$

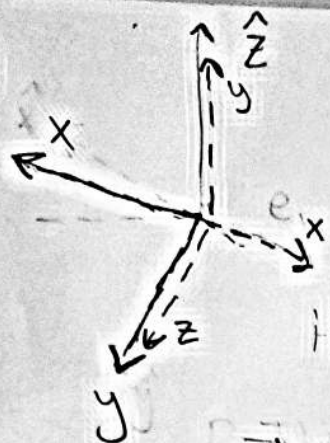
$$\text{and} \quad P_\psi = \frac{\partial \mathcal{L}}{\partial \dot{\psi}} = \lambda_3 (\dot{\psi} + \dot{\phi} \cos \theta) = \text{const.}$$

The momentum associated w/ ϕ and ψ is angular, according to the nature of the situation.

Since P_ϕ is constant, then, the angular momentum component along \hat{z} is conserved (L_z)

Also, since P_ψ is constant, the angular momentum component L_3 is conserved along \hat{e}_3 .

②



The object is first turned to the side 90° . Then it is flipped "forward" 90° . Then it turned 90° again.

original=space

The body's x axis will point antiparallel, along the original x axis. The body's y axis will point directly along the original z axis, parallel to it. The body's z axis will point directly along the original y axis, parallel to it.