

Lecture 12

Spin Precession

Raffi Budakian

University of Waterloo

Week of Feb. 23, 2026

Table of Contents

- 1 Classical spin precession
- 2 Quantum mechanical spin precession
- 3 Examples
- 4 Ehrenfest's Theorem

Classical spin precession

- In this lecture, we will treat the dynamics of a spin in a static magnetic field using the quantum mechanical formalism.
- Before we delve into the quantum problem, it is instructive to consider the dynamics of a classical magnetic moment $\vec{\mu}$ in the presence of a uniform external field \vec{B} to help build our intuition.
- Recall the relationship from classical mechanics between angular momentum \vec{L} of a rotating body and the sum of all the torques $\vec{\tau}$ acting on the body.

$$\frac{d\vec{L}}{dt} = \sum \vec{\tau}$$

- This relationship is analogous to the relationship $\frac{d\vec{p}}{dt} = \sum \vec{F}$ for linear motion.
- Recall that a uniform magnetic field produces a torque $\vec{\tau} = \vec{\mu} \times \vec{B}$.
- Also recall that $\vec{\mu}$ is related to the spin angular momentum \vec{S}

$$\vec{\mu} = g \left(\frac{q}{2m} \right) \vec{S}$$

- The Landé g -factor is a dimensionless number. For an electron spin $g \approx 2$.
- q is the charge of the particle, and m is the particle mass.

Classical spin precession

- We can use the relationship between $\vec{\mu}$ and \vec{S} to express the torque equation only in terms of a single physical observable

$$\frac{d\vec{S}}{dt} = \vec{\tau} = \vec{\mu} \times \vec{B} = \underbrace{g \left(\frac{q}{2m} \right)}_{\gamma} \vec{S} \times \vec{B}$$

- where γ is called the gyromagnetic ratio. For an electron spin,

$$\gamma_e \approx 2 \left(\frac{-1.6 \times 10^{-19} \text{ C}}{2 \cdot 9.11 \times 10^{-31} \text{ kg}} \right) = 1.76 \times 10^{11} \text{ (s}\cdot\text{T)}^{-1}$$

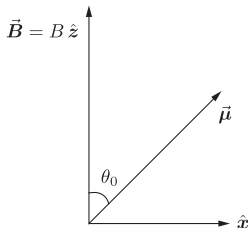
$$\frac{\gamma_e}{2\pi} \approx -28 \text{ GHz/T}$$

- The classical torque equations are

$$\begin{aligned} \frac{d\vec{S}}{dt} &= \gamma (\vec{S} \times \vec{B}) \\ \frac{d\vec{\mu}}{dt} &= \gamma (\vec{\mu} \times \vec{B}) \end{aligned}$$

Classical spin precession

- To see the dynamics generated by the magnetic torque, consider a magnetic moment $\vec{\mu}$ that is initially canted by an angle θ_0 with respect to \vec{B} .



- Initial state at $t = 0$:

$$\vec{\mu}(t = 0) = \mu [\sin \theta_0 \hat{x} + \cos \theta_0 \hat{z}]$$

- For $t > 0$:

$$\vec{\mu}(t) = \mu [\sin \theta(t) \cos \varphi(t) \hat{x} + \sin \theta(t) \sin \varphi(t) \hat{y} + \cos \theta(t) \hat{z}]$$

- where in principle, $\theta(t)$ and $\varphi(t)$ can be time dependent.

Classical spin precession

$$\frac{d\vec{\mu}}{dt} = \gamma (\vec{\mu} \times \vec{B}) = \begin{vmatrix} \hat{x} & \hat{y} & \hat{z} \\ \mu_x & \mu_y & \mu_z \\ 0 & 0 & B \end{vmatrix}$$

$$\begin{pmatrix} \dot{\mu}_x \\ \dot{\mu}_y \\ \dot{\mu}_z \end{pmatrix} = \begin{pmatrix} \gamma B \mu_y \\ -\gamma B \mu_x \\ 0 \end{pmatrix}$$

- We have three (coupled) first order linear differential equations. Note I have used the compact dot notation $\dot{f}(t) := \frac{df}{dt}$ to indicate the time derivative.
- If we first consider the equation for μ_z

$$\dot{\mu}_z = 0 \quad \Rightarrow \quad \dot{\theta} \sin \theta = 0$$

- We must have $\dot{\theta} = 0$, therefore $\theta(t) = \text{const.} = \theta_0$.
- The only time dependence is therefore through $\varphi(t)$.

- Next, let's consider the equation for μ_x :

$$\dot{\mu}_x = \gamma B \mu_y(t)$$

$$-\dot{\varphi} \mu \sin \theta_0 \sin \varphi(t) = \gamma B \mu \sin \theta_0 \sin \varphi(t) \quad \Rightarrow$$

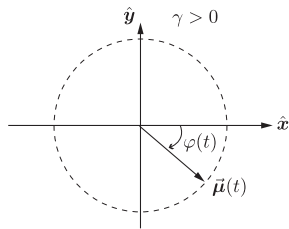
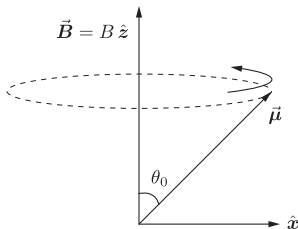
$$\dot{\varphi} = -\gamma B$$

$$\varphi(t) = -\underbrace{\gamma B}_{\omega_0} t + \varphi(t=0)$$

- $\omega_0 = \gamma B$ is the Larmor frequency.
- With $\varphi(t=0) = 0$, we express the time dependent $\vec{\mu}(t)$.

$$\vec{\mu}(t) = \mu [\sin \theta_0 \cos(\omega_0 t) \hat{x} - \sin \theta_0 \sin(\omega_0 t) \hat{y} + \cos \theta_0 \hat{z}]$$

Classical spin precession



- A classical spin precesses around the static external field at the Larmor frequency.
- Note that γ can be positive or negative depending on the sign of the charge of the spin.
- For positively charged spins, like protons, which are also spin-1/2, $\gamma > 0$ and the precession is clockwise.
- For electrons, that carry negative charge, the precession is counterclockwise.

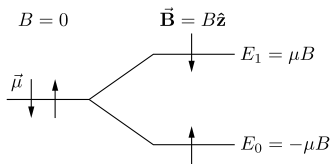
Quantum mechanical spin precession

- We start by considering the Hamiltonian of a spin-1/2 particle in a uniform magnetic field.

$$\mathcal{H} = -\vec{\mu} \cdot \vec{B} = -\left(\frac{gq}{2m}\right) \vec{S} \cdot \vec{B} = -\gamma \vec{S} \cdot \vec{B}$$

- We know that there are only two projections of $\vec{S} \cdot \hat{n}$, $\left(\pm \frac{\hbar}{2}\right)$ that can be observed for any direction \hat{n} in space.
- Therefore, there are only two values of energy, corresponding to the two spin projections in the direction of the applied magnetic field $\vec{B} = B\hat{n}$.

$$E_0 = -\frac{\hbar\omega_0}{2}, \quad E_1 = \frac{\hbar\omega_0}{2} \quad (1)$$



- The energy difference between the two states is

$$\Delta E = E_1 - E_0 = \left(\frac{gqB}{2m} \right) \hbar = 2\mu B = \omega_0 \hbar$$

$$\mu = \frac{gq\hbar}{4m} = \frac{\gamma\hbar}{2}$$

- Let's consider the situation of a time-independent, or static, external field $\vec{B} = B\hat{z}$ applied in the z -direction.
- The Hamiltonian for this problem is

$$\mathcal{H} = -\omega_0 S_z$$

- Note that the energy basis is the same as the S_z basis since the Hamiltonian is just proportional to S_z .

$$\mathcal{H} = -\frac{\hbar\omega_0}{2} \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix}$$

Quantum mechanical spin precession

$$\mathcal{H} |+\rangle = E_0 |+\rangle$$

$$\mathcal{H} |-\rangle = E_1 |-\rangle$$

- We can express any state that is a linear superposition of the energy eigenkets $|\pm\rangle$ as

$$\begin{aligned} |\psi(t)\rangle &= c_1 \exp\{-iE_0 t/\hbar\} |+\rangle + c_2 \exp\{-iE_1 t/\hbar\} |-\rangle \\ &= c_1 e^{i\omega_0 t/2} |+\rangle + c_2 e^{-i\omega_0 t/2} |-\rangle \end{aligned}$$

- Let's determine the dynamics of a spin in a uniform external field.
- We do so by calculating expectation values of \vec{S} for an arbitrary superposition $|\psi(t)\rangle$.

$$|\psi(t)\rangle = \begin{pmatrix} c_1 e^{i\omega_0 t/2} \\ c_2 e^{-i\omega_0 t/2} \end{pmatrix} := \begin{pmatrix} a \\ b \end{pmatrix}$$

Quantum mechanical spin precession

- Expectation value $\langle S_z \rangle$:

$$\begin{aligned}\langle \psi(t) | S_z | \psi(t) \rangle &= (a^* \quad b^*) \frac{\hbar}{2} \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix} \begin{pmatrix} a \\ b \end{pmatrix} = \frac{\hbar}{2} (a^* \quad b^*) \begin{pmatrix} a \\ -b \end{pmatrix} \\ &= \frac{\hbar}{2} (|a|^2 - |b|^2) \\ &= \boxed{\frac{\hbar}{2} (|c_1|^2 - |c_2|^2)}\end{aligned}\tag{2}$$

- Because the energy is conserved (\mathcal{H} is time independent), the average energy, i.e., $\langle \mathcal{H} \rangle$ is time independent (conserved).
- Because $[S_z, \mathcal{H}] = 0$, it means that $\langle S_z \rangle$ must also be conserved.

- Expectation value $\langle S_x \rangle$:

$$\begin{aligned}\langle \psi(t) | S_x | \psi(t) \rangle &= (a^* \quad b^*) \frac{\hbar}{2} \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \begin{pmatrix} a \\ b \end{pmatrix} = \frac{\hbar}{2} (a^* \quad b^*) \begin{pmatrix} b \\ a \end{pmatrix} \\&= \frac{\hbar}{2} (a^* b + b^* a) \\&= \hbar \operatorname{Re}\{a^* b\} \\&= \hbar \operatorname{Re}\{c_1^* e^{-i\omega_0 t/2} c_2 e^{-i\omega_0 t/2}\} \\&= \boxed{\hbar \operatorname{Re}\{c_1^* c_2 e^{-i\omega_0 t}\}} \tag{3}\end{aligned}$$

- Expectation value $\langle S_y \rangle$:

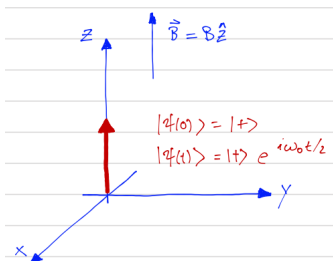
$$\begin{aligned}\langle \psi(t) | S_y | \psi(t) \rangle &= (a^* \quad b^*) \frac{\hbar}{2} \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \begin{pmatrix} a \\ b \end{pmatrix} = \frac{i\hbar}{2} (a^* \quad b^*) \begin{pmatrix} -b \\ a \end{pmatrix} \\&= \frac{i\hbar}{2} (-a^* b + b^* a) \\&= \hbar \operatorname{Im}\{a^* b\} \\&= \hbar \operatorname{Im}\{c_1^* e^{-i\omega_0 t/2} c_2 e^{-i\omega_0 t/2}\} \\&= \boxed{\hbar \operatorname{Im}\{c_1^* c_2 e^{-i\omega_0 t}\}} \tag{4}\end{aligned}$$

Example 1

- Consider a spin initially polarized in the z -direction: ($c_1 = 1, c_2 = 0$).

$$|\psi(0)\rangle = |+\rangle$$

$$|\psi(t)\rangle = e^{i\omega_0 t/2} |+\rangle$$



- Since $|\psi(0)\rangle$ is an eigenstate of the Hamiltonian, it corresponds to a stationary state.

$$\text{eqns. (2), (3), (4)} \quad \boxed{\langle S_z \rangle = \frac{\hbar}{2}, \langle S_x \rangle = \langle S_y \rangle = 0}$$

Example 2

- Consider a spin initially polarized in the x -direction: ($c_1 = c_2 = \frac{1}{\sqrt{2}}$).

$$|\psi(0)\rangle = \frac{1}{\sqrt{2}}(|+\rangle + |-\rangle)$$

$$|\psi(t)\rangle = \frac{1}{\sqrt{2}}(e^{i\omega_0 t/2} |+\rangle + e^{-i\omega_0 t/2} |-\rangle)$$

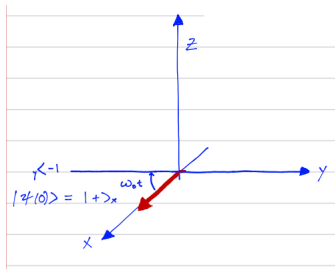
$$|\psi(t)\rangle = \frac{e^{i\omega_0 t/2}}{\sqrt{2}}(|+\rangle + e^{-i\omega_0 t} |-\rangle)$$

$$\text{eq.(2)} \quad \langle S_z \rangle = 0$$

$$\text{eq.(3)} \quad \langle S_x \rangle = \frac{\hbar}{2} \cos(\omega_0 t)$$

$$\text{eq.(4)} \quad \langle S_y \rangle = -\frac{\hbar}{2} \sin(\omega_0 t)$$

Example 2



Dropping the overall phase factor in $|\psi(t)\rangle$:

$$|\psi(t)\rangle = \frac{1}{\sqrt{2}}(|+\rangle + e^{-i\omega_0 t} |-\rangle)$$

$$|\psi(0)\rangle = |+\rangle_x$$

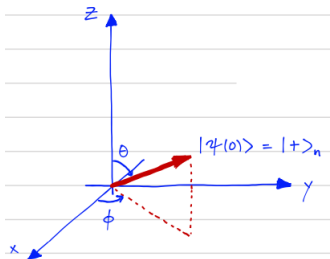
$$\left| \psi\left(t = \frac{\pi}{2\omega_0}\right) \right\rangle = \frac{1}{\sqrt{2}}(|+\rangle + e^{-i\pi/2} |-\rangle) = |-\rangle_y$$

If the spin is initially polarized along the x -direction, then in the presence of the static magnetic field $\vec{B} = B\hat{z}$, the spin will precess clockwise in the xy -plane at the Larmor frequency ω_0 .

Example 3

- Consider the dynamics of a spin that has an arbitrary initial orientation.

$$|+\rangle_n = \cos\left(\frac{\theta}{2}\right) |+\rangle + \sin\left(\frac{\theta}{2}\right) e^{i\phi} |-\rangle$$



$$|\psi(0)\rangle = |+\rangle_n$$

$$|\psi(t)\rangle = \cos\left(\frac{\theta}{2}\right) e^{i\omega_0 t/2} |+\rangle + \sin\left(\frac{\theta}{2}\right) e^{i\phi} e^{-i\omega_0 t/2} |-\rangle$$

Example 3

- What is the probability to find the spin in states $|\pm\rangle$ at time t ?

$$P_+ = |\langle + | \psi(t) \rangle|^2 = \cos^2\left(\frac{\theta}{2}\right)$$

$$P_- = |\langle - | \psi(t) \rangle|^2 = \sin^2\left(\frac{\theta}{2}\right)$$

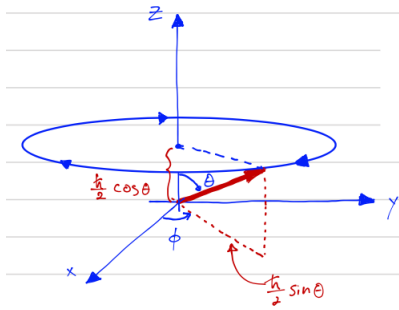
- What are the expectation values $\langle S_x \rangle$, $\langle S_y \rangle$, and $\langle S_z \rangle$?

$$\begin{aligned} \text{eq.(3)} \quad \langle S_x \rangle &= \hbar \operatorname{Re} \left\{ \cos\left(\frac{\theta}{2}\right) \sin\left(\frac{\theta}{2}\right) e^{-i(\omega_0 t - \phi)} \right\} \\ &= \boxed{\frac{\hbar}{2} \sin \theta \cos(\omega_0 t - \phi)} \end{aligned}$$

$$\begin{aligned} \text{eq.(4)} \quad \langle S_y \rangle &= \hbar \operatorname{Im} \left\{ \sin\left(\frac{\theta}{2}\right) \cos\left(\frac{\theta}{2}\right) e^{-i(\omega_0 t - \phi)} \right\} \\ &= \boxed{-\frac{\hbar}{2} \sin \theta \sin(\omega_0 t - \phi)} \end{aligned}$$

$$\begin{aligned} \text{eq.(2)} \quad \langle S_z \rangle &= \frac{\hbar}{2} \left(\cos^2\left(\frac{\theta}{2}\right) - \sin^2\left(\frac{\theta}{2}\right) \right) \\ &= \boxed{\frac{\hbar}{2} \cos \theta} \end{aligned}$$

Ehrenfest's Theorem



Ehrenfest's Theorem

The expectation value of quantum observables obey classical laws.

- The dynamics that the expectation value of \vec{S} exhibits is the same as that of a classical magnetic moment precessing around a uniform magnetic field.