PROBLEM 1

(1) The momentum is

$$p = \frac{\partial L}{\partial \dot{x}} = m\dot{x}$$

(2) Eliminating \dot{x} in favor of p we obtain the Hamiltonian

$$H = T + V = \frac{p^2}{2m} + \frac{1}{2}kx^2$$

(3) Hamilton's equations are

$$\frac{\partial H}{\partial p} = \frac{p}{m} = \dot{x}$$
 and $\frac{\partial H}{\partial x} = kx = -\dot{p}$

(4) Newton's force law follows

$$kx = -\dot{p} = -m\ddot{x}$$
 or $m\ddot{x} = -kx$

PROBLEM 2

We consider an infinitesimal rotation by an angle $\delta \vec{\phi}$ (Landau-Lifshitz, §9, p.18):

$$\delta \vec{r}_j = \delta \vec{\phi} \times \vec{r}_j, \quad \delta \dot{\vec{r}}_j = \delta \vec{\phi} \times \dot{\vec{r}}_j. \tag{1}$$

For example, if this rotation is about the z axis $|\delta \vec{r_j}| = |\delta \phi r_j \sin(\theta)|$ holds. Let us denote the components of the rotations by δx_j^i and $\delta \dot{x}_j^i$, where i = 1, 2, 3 labels the coordinates and $j = 1, \ldots, n$ the particles. Assuming isotropy of space, the Lagrangian is invariant under an infinitesimal rotation

$$0 = \sum_{j} \left\{ \sum_{i} \frac{\partial L}{\partial x_{j}^{i}} \, \delta x_{j}^{i} + \sum_{i} \frac{\partial L}{\partial \dot{x}_{j}^{i}} \, \delta \dot{x}_{j}^{i} \right\} \,.$$

Using the definition of the generalized momentum and Euler-Lagrange equations, this reads

$$0 = \sum_{j} \left\{ \sum_{i} \dot{p}_{j}^{i} \,\delta x_{j}^{i} + \sum_{i} p_{j}^{i} \,\delta \dot{x}_{j}^{i} \right\} = \sum_{j} \left\{ \dot{\vec{p}}_{j} \cdot \delta \vec{r}_{j} + \vec{p}_{j} \cdot \delta \dot{\vec{r}}_{j} \right\} \,.$$

Inserting (1)

$$0 = \sum_{j} \left\{ \dot{\vec{p}}_{j} \cdot (\delta \vec{\phi} \times \vec{r}_{j}) + \vec{p}_{j} \cdot (\delta \vec{\phi} \times \dot{\vec{r}}_{j}) \right\}$$

and we pull out the $\delta \vec{\phi}$, which is the same for all particles:

$$0 = \sum_{j} \left\{ \delta \vec{\phi} \cdot (\vec{r}_{j} \times \dot{p}_{j}) + \delta \vec{\phi} \cdot (\dot{\vec{r}}_{j} \times \vec{p}_{j}) \right\} = \delta \vec{\phi} \frac{d}{dt} \sum_{j} (\vec{r}_{j} \times \vec{p}_{j})$$
$$\Leftrightarrow \sum_{j} (\vec{r}_{j} \times \vec{p}_{j}) = \vec{L} = \text{Constant}.$$

PROBLEM 3: See Homework, Problem 19.

PROBLEM 4: Compare Homework, Problem 29.

1. Given a coordinate system (x', y') which rotates with the disk, the location of the CM is $\bar{x}_{CM} = 0$ and

$$\bar{y}_{CM} = \frac{\rho}{M} \left\{ \int_0^R drr \int_0^\pi d\theta r \sin\theta + 2 \int_0^R drr \int_{\pi}^{2\pi} d\theta r \sin\theta \right\}$$

= $\frac{\rho}{M} \left\{ \frac{R^3}{3} 2 - \frac{R^3}{3} 4 \right\} = -\frac{2}{3} \frac{\rho R^3}{M} = -\frac{4R}{9\pi} \text{ as } M = \frac{3\pi \rho R^2}{2}.$

2. The relationship between the lab coordinates and the CM coordinates is

$$\begin{aligned} x_{CM} &= R\theta - |\bar{y}_{CM}|\sin\theta = R\theta - (4R/9\pi)\sin\theta, \\ y_{CM} &= R - |\bar{y}_{CM}|\cos\theta = R - (4R/9\pi)\cos\theta. \end{aligned}$$

3. To find I_3^{CM} we calculate first I_3^0 with respect to the center of disk and use the parallel axis theorem, (32.12) of Landau and Lifshitz,

$$I_{3}\Big|_{0} = \rho \int_{0}^{R} drr \int_{0}^{\pi} d\theta (x^{2} + y^{2}) + 2\rho \int_{0}^{R} drr \int_{\pi}^{2\pi} d\theta (x^{2} + y^{2})$$

$$= \rho \frac{R^{4}}{4} \pi + 2\rho \frac{R^{4}}{4} \pi = \rho R^{4} \frac{3}{4} \pi = \frac{1}{2} M R^{2}$$

$$I_{3}\Big|_{CM} = I_{3}\Big|_{0} - M \bar{y}_{CM}^{2} = \frac{1}{2} M R^{2} - M \frac{16}{81} \frac{R^{2}}{\pi^{2}} = \frac{1}{2} M R^{2} \left[1 - \frac{32}{81\pi^{2}}\right].$$

4. The Lagrangian of the disk is

$$L = \frac{1}{2}M(\dot{x}_{CM}^2 + \dot{y}_{CM}^2) + \frac{1}{2}I_3\dot{\theta}^2 - M g y_{CM}.$$