

## Relativity

time dilation/Lorentz contraction:  $\gamma \equiv 1/\sqrt{1 - \vec{v}^2/c^2}$

4-coordinates:  $x^\mu = (x^0, x^1, x^2, x^3), \quad x^0 \equiv ct$

Lorentz transformation matrix:  $\| \Lambda^\mu{}_\nu \| = \begin{pmatrix} \gamma & \gamma(v/c) & 0 & 0 \\ \gamma(v/c) & \gamma & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$  for boost along  $\hat{x}$

Lorentz invariant dot product:  $a \cdot b \equiv -a^0 b^0 + \vec{a} \cdot \vec{b} = -a^0 b^0 + a^1 b^1 + a^2 b^2 + a^3 b^3$

invariant interval:  $s^2 = -(\Delta x^0)^2 + (\Delta x^1)^2 + (\Delta x^2)^2 + (\Delta x^3)^2$

4-velocity:  $u \equiv \frac{dx(\tau)}{d\tau}, \quad u^\mu = (\gamma c, \gamma \vec{v}), \quad u^2 = -c^2$

4-momentum:  $p \equiv m u, \quad p^\mu = (E/c, \vec{p}) = (\gamma m c, \gamma m \vec{v})$

$$p^2 = -(E/c)^2 + \vec{p}^2 = -m^2 c^2$$

4-force:  $f \equiv \frac{dp}{d\tau}, \quad p \cdot f = 0$

4-acceleration:  $a \equiv \frac{du}{d\tau}, \quad u \cdot a = 0$

constant acceleration:  $u^0(\tau)/c = \cosh \frac{F\tau}{mc}, \quad u^1(\tau)/c = \sinh \frac{F\tau}{mc}$

wave-vector:  $k^\mu \equiv (\omega/c, \vec{k})$

observed frequency:  $\omega_{\text{obs}} = -u_{\text{obs}} \cdot k$

E&M field strength:  $\| F^\mu{}_\nu \| \equiv \begin{pmatrix} 0 & E_x & E_y & E_z \\ E_x & 0 & cB_z & -cB_y \\ E_y & -cB_z & 0 & cB_x \\ E_z & cB_y & -cB_x & 0 \end{pmatrix}$

Lorentz force:  $f_{\text{Lorentz}}^\mu \equiv \frac{q}{c} F^\mu{}_\nu u^\nu$

## Constants and Units

$$\alpha = e^2/(4\pi\epsilon_0\hbar c) = 1/137.0\cdots \quad N_A = 6.022\cdots \times 10^{23} \text{ mol}^{-1}$$

$$c = 2.997\cdots \times 10^8 \text{ m/s} \quad 1 \text{ (metric) ton} = 10^3 \text{ kg}$$

$$\hbar = 6.582\cdots \times 10^{-22} \text{ MeV s} \quad 1 \text{ amu} = 1 \text{ g}/(N_A \text{ mol}) = 931.5\cdots \text{ MeV}/c^2 = 1.661\cdots \times 10^{-27} \text{ kg}$$

$$= 1.055\cdots \times 10^{-34} \text{ J s} \quad 1 \text{ fm} = 10^{-15} \text{ m}$$

$$k_B = 8.617\cdots \times 10^{-5} \text{ eV/K} \quad 1 \text{ barn} = 10^{-28} \text{ m}^2$$

$$\hbar c = 197.3\cdots \text{ MeV fm} \quad (\hbar c)^2 = 0.389\cdots \text{ GeV}^2 \text{ mbarn}$$

# Quantum Mechanics

Hamiltonian:	$H = H^\dagger,$	$i\hbar \frac{d}{dt}  \psi(t)\rangle = H  \psi(t)\rangle$
time evolution:	$U(t) = e^{-iHt},$	$ \psi(t)\rangle = U(t)  \psi(0)\rangle$
symmetry (time independent):	$T^\dagger = T^{-1},$	$[T, H] = 0$
conserved charge:	$Q^\dagger = Q,$	$[Q, H] = 0$
continuous symmetry:	$T(a) = e^{iQa}$	
angular momentum addition:	$J_1 + J_2 \Rightarrow J_{\text{tot}} \in \{ J_1 + J_2, \dots,  J_1 - J_2 \}$	
	$\frac{1}{2} + \frac{1}{2} \Rightarrow \begin{cases} J = 1: & \{\uparrow\uparrow, (\uparrow\downarrow + \downarrow\uparrow), \downarrow\downarrow\} \\ J = 0: & (\uparrow\downarrow - \downarrow\uparrow) \end{cases}$	

# Nuclei

nucleus	symbol	rest energy	lifetime	spin*	decay type
neutron	$n$	939.6 MeV	15 min	1/2	$\beta$ decay
hydrogen	${}^1_1\text{H}$	938.27 MeV	stable	1/2	—
deuterium	${}^2_1\text{H}$	1875.61 MeV	stable	1	—
tritium	${}^3_1\text{H}$	2808.92 MeV	17.8 yr	1/2	$\beta$ decay
helium-3	${}^3_2\text{He}$	2808.39 MeV	stable	1/2	—
helium-4	${}^4_2\text{He}$	3727.38 MeV	stable	0	—
helium-6	${}^6_2\text{He}$	5605.5 MeV	1.16 s	0	$\beta$ decay
lithium-6	${}^6_3\text{Li}$	5601.5 MeV	stable	1	—
lithium-7	${}^7_3\text{Li}$	6533.8 MeV	stable	3/2	—
beryllium-7	${}^7_4\text{Be}$	6534.2 MeV	77 day	3/2	$e^-$ capture
beryllium-10	${}^{10}_4\text{Be}$	9325.5 MeV	2.2 Myr	0	$\beta$ decay
boron-10	${}^{10}_5\text{B}$	9324.4 MeV	stable	3	—
boron-11	${}^{11}_5\text{B}$	10253 MeV	stable	3/2	—
boron-14	${}^{14}_5\text{B}$	13062 MeV	18 ms	2	$\beta$ decay
carbon-11	${}^{11}_6\text{C}$	10254 MeV	29 m	3/2	$e^+$ emission
carbon-12	${}^{12}_6\text{C}$	11175 MeV	stable	0	—
carbon-14	${}^{14}_6\text{C}$	13041 MeV	5.7 Kyr	0	$\beta$ decay
oxygen-16	${}^{16}_8\text{O}$	14899 MeV	stable	0	—
calcium-41	${}^{41}_{20}\text{Ca}$	38146 MeV	1.5 Myr	7/2	$e^-$ capture
bismuth-209	${}^{209}_{83}\text{Bi}$	194622 MeV	$2 \times 10^{19}$ yr	9/2	$\alpha$ decay

\*In units of  $\hbar$ .

†In units of  $|e| = 1.602 \dots \times 10^{-19}$  C.

## Mesons

particle	symbol	rest energy	lifetime	spin	charge <sup>†</sup>
pion	$\pi^0$	135.0 MeV	$8 \times 10^{-17}$ s	0	0
pion	$\pi^+, \pi^-$	139.57 MeV	26 ns	0	+1, -1
kaon	$K^+, K^-$	493.7 MeV	12 ns	0	+1, -1
kaon	$K^0, \bar{K}^0$	497.7 MeV	90 ps/51 ns	0	0
eta	$\eta$	547.5 MeV	$5 \times 10^{-19}$ s	0	0
rho	$\rho^+, \rho^0, \rho^-$	775 MeV	$4 \times 10^{-24}$ s	1	+1, 0, -1
omega	$\omega$	783 MeV	$8 \times 10^{-23}$ s	1	0
<i>K</i> -star	$K^{*+}, K^{*-}$	891.7 MeV	$10^{-23}$ s	1	+1, -1
<i>K</i> -star	$K^{*0}, \bar{K}^{*0}$	896.0 MeV	$10^{-23}$ s	1	0
eta-prime	$\eta'$	958 MeV	$3 \times 10^{-21}$ s	0	0
phi	$\phi$	1020 MeV	$2 \times 10^{-22}$ s	1	0

## Baryons

particle	symbol	rest energy	lifetime	spin	charge <sup>†</sup>
proton	$p$	938 MeV	stable	$\frac{1}{2}$	+1
neutron	$n$	940 MeV	886 s	$\frac{1}{2}$	0
Lambda	$\Lambda$	1116 MeV	0.26 ns	$\frac{1}{2}$	0
Sigma	$\Sigma^+$	1189 MeV	80 ps	$\frac{1}{2}$	+1
Sigma	$\Sigma^0$	1193 MeV	$7 \times 10^{-20}$ s	$\frac{1}{2}$	0
Sigma	$\Sigma^-$	1197 MeV	0.15 ns	$\frac{1}{2}$	-1
Delta	$\Delta^{++}, \Delta^+, \Delta^0, \Delta^-$	1232 MeV	$6 \times 10^{-24}$ s	$\frac{3}{2}$	+2, +1, 0, -1
Cascade	$\Xi^0$	1315 MeV	0.29 ns	$\frac{1}{2}$	0
Cascade	$\Xi^-$	1321 MeV	0.16 ns	$\frac{1}{2}$	-1
Sigma-star	$\Sigma^{*+}, \Sigma^{*0}, \Sigma^{*-}$	1385 MeV	$2 \times 10^{-23}$ s	$\frac{3}{2}$	+1, 0, -1
Cascade-star	$\Xi^{*0}, \Xi^{*-}$	1530 MeV	$7 \times 10^{-23}$ s	$\frac{3}{2}$	0, -1
Omega	$\Omega^-$	1672 MeV	82 ps	$\frac{3}{2}$	-1

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## Leptons

particle	symbol	rest energy	lifetime	spin*	charge <sup>†</sup>	<i>L</i>
electron (anti)neutrino	$\nu_e(\bar{\nu}_e)$	< 2 eV	≈ stable	1/2	0	+1(-1)
muon (anti)neutrino	$\nu_\mu(\bar{\nu}_\mu)$	< 2 eV	≈ stable	1/2	0	+1(-1)
tau (anti)neutrino	$\nu_\tau(\bar{\nu}_\tau)$	< 2 eV	≈ stable	1/2	0	+1(-1)
electron(positron)	$e^-(e^+)$	0.511 MeV	stable	1/2	-1(+1)	+1(-1)
muon(antimuon)	$\mu^-(\mu^+)$	105.7 MeV	2 μs	1/2	-1(+1)	+1(-1)
tau(antitau)	$\tau^-(\tau^+)$	1777 MeV	0.3 ps	1/2	-1(+1)	+1(-1)

## Gauge Bosons

particle	symbol	rest energy	lifetime	spin*	charge <sup>†</sup>
photon	$\gamma$	0	stable	1	0
gluon	$g$	0	—	1	0
<i>W</i> -boson	$W^\pm$	80.4 GeV	$3 \times 10^{-25}$ s	1	±1
<i>Z</i> -boson	$Z$	91.2 GeV	$3 \times 10^{-25}$ s	1	0

## Quarks

flavor	symbol	mass	spin*	charge <sup>†</sup>
up	$u$	≈ 2 MeV/ $c^2$	1/2	2/3
down	$d$	≈ 5 MeV/ $c^2$	1/2	-1/3
strange	$s$	≈ 95 MeV/ $c^2$	1/2	-1/3
charm	$c$	1.2 GeV/ $c^2$	1/2	2/3
bottom	$b$	4.2 GeV/ $c^2$	1/2	-1/3
top	$t$	173 GeV/ $c^2$	1/2	2/3

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