Below is a situation where you have a blue person inside a fast moving object (velocity, $v$ ) and a stationary green person outside watching the object go flying past. A ray of light (moving at speed of light, $c$ ) is sent from the floor $B$ up to the ceiling, $A$, reflect and come back down to $B$.

R.F. of person inside moving object.


$$
\operatorname{Let} \beta=\frac{v}{c} \text { and } \gamma=\frac{1}{\sqrt{1-\beta^{2}}} \quad r=\text { Speed of the reference frame }
$$

the equation becomes...

$$
t=\gamma t_{0}
$$

$$
\begin{aligned}
& \beta<1 \\
& \gamma>1
\end{aligned}
$$

$t$ : the time dilation
$t_{0}$ : the proper time or rest time

$$
A C=3.00 \times 10^{8 \mathrm{~m}}
$$

Find $\gamma$ for an object traveling at $0.9 \mathrm{c}=(2.9)\left(3.00 \times 10^{8} \mathrm{~m} / \mathrm{s}\right)$

$$
\begin{aligned}
& \beta=\frac{v}{c}=\frac{0.9 \neq}{\notin}=0.9 \\
& y=\frac{1}{\sqrt{1-\beta^{2}}}=\frac{1}{\sqrt{0.19}}=2.294
\end{aligned}
$$

$$
\begin{aligned}
& \Rightarrow a^{2}+b^{2}=c^{2} \text { (pythagorean theorem) } \\
& \Rightarrow(v t)^{2}+\left(c t_{0}\right)^{2}=(c t)^{2} \quad \text { (substitute values) } \\
& \Rightarrow v^{2} t^{2}+c^{2} t_{0}^{2}=c^{2} t^{2} \quad \text { (expand) }
\end{aligned}
$$

$$
\begin{aligned}
& \Rightarrow \frac{v^{2} t^{2}}{c^{2}}+t_{0}^{2}=t^{2} \quad \text { (isolate } t_{0} \text { ) } \\
& \Rightarrow t_{0}^{2}=t^{2}-\frac{v^{2} t^{2}}{c^{2}} \quad\left(\text { factor out } t^{2}\right) \\
& \Rightarrow t_{0}^{2}=t^{2}\left(1-\frac{v^{2}}{c^{2}}\right)(\text { isolate } t) \frac{t_{0}^{2}}{\frac{l-v^{2}}{c^{2}}}=t^{2} \\
& \Rightarrow \sqrt{t^{2}}=\sqrt{\frac{t_{0}^{2}}{\left(1-\frac{v^{2}}{c^{2}}\right)}} \text { (square root everything) } \\
& \Rightarrow t=\frac{t_{0}}{\sqrt{\left(1-\frac{v^{2}}{c^{2}}\right)}}=\frac{1}{\sqrt{\left(1-\frac{v^{2}}{c^{2}}\right)}} t_{0}
\end{aligned}
$$

Since $v$ is always less than $c$, gamma $(\gamma)$ will always be greater than 1 , that is $t_{0}<t$
$t_{0}$ is referred to as proper time (the time interval between two events as measured by an observer who sees the events occur at the same place). That is proper time is always the time measured with a single clock at rest in that frame.

According to a stationary observer, a moving clock runs slower than an identical stationary clock. This effect is known as time dilation.



Example: What is the Period of the Pendulum?
The period of a pendulum is measured to be 3.0 seconds in the inertial frame of the pendulum. What is the period of the pendulum when measured by an observer moving at a speed of 0.95 C with respect to the pendulum?


$$
y=\frac{1}{\sqrt{1-\frac{v^{2}}{c^{2}}}} \quad \begin{aligned}
& r=0.95 c \\
& v^{2}=0.95^{2} c^{2}
\end{aligned}
$$



$$
\begin{aligned}
& =\frac{1}{\sqrt{1-0.95^{2} x}} \\
y & =3.2
\end{aligned}
$$

$t_{0}=3$

$$
\begin{aligned}
t & =8 t_{0} \\
& =(3.2)(3) \\
t & =9.6 \operatorname{seconds}
\end{aligned}
$$

Example: You see your friend fly by you in a spaceship moving at a rate of 0.95 c . According to your watch, you observe
your friend holding their breath for 5 minutes. How long did they actually hold their, breath?


$\gamma=3.2$
$V=0.95 \mathrm{c}$


$$
t=8 t_{0}
$$



$$
\frac{5}{3.2}=\frac{3.2 t 0}{3.2}
$$

$$
t_{0}=I_{\text {min } 34 \text { seconds }}
$$

Example: 17 year-old Chris is flying to Pandora to see his beautiful alien girlfriend. He flies at . 999 c for 100 years (according to Earthlings.) How old is Chris when he arrives?

$$
y=\frac{1}{\sqrt{1-\frac{v^{2}}{c^{2}}}}=\frac{1}{\sqrt{1-0.99 a^{2}}}
$$



$$
\begin{aligned}
t & =8 t_{0} \\
\frac{100}{22.4} & =\frac{22.4 t_{0}}{22.4} \\
4.5 \text { yeas } & =t_{0}
\end{aligned}
$$

$$
=22.4
$$

$$
\text { He is } \underline{ }
$$

One lightyear $=v^{*} t=3 \mathrm{e} 8 \mathrm{~m} / \mathrm{s}^{*} 365 \mathrm{day}^{*} 24 \mathrm{~h} / \mathrm{day}^{*} 60 \mathrm{~min} / \mathrm{h}^{*} 60 \mathrm{sec} / \mathrm{min}=9.461 \times 10^{\wedge 15 \mathrm{~m}=9.461 \times 10^{\wedge} 12}$

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9,461,000,000,000 km
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$\theta$
test

On the Parkland spaceship, a physics is 80 minutes long, just like the Earth Parkland physics class. How fast does the ship need to travel in order for someone in Earth's physics class to 200 minutes ? (Answer in $c$ and $\mathrm{m} / \mathrm{s})\left(1 \mathrm{c}=3 \times 10^{\wedge} 8 \mathrm{~m} / \mathrm{s}\right)$
to write the test according to the spaceship kids.


$$
\begin{array}{rlrl}
t & =\gamma t 0 & \gamma & =\frac{1}{\sqrt{1-\frac{v^{2}}{c^{2}}}} \\
\frac{200}{80} & =\frac{\gamma 80}{80} & \left(\frac{1}{\gamma}\right)^{2} & =\left(\sqrt{1-\frac{v^{2}}{c^{2}}}\right)^{2} \\
2.5 & =\gamma & \frac{1}{\gamma^{2}} & =1-\frac{v^{2}}{c^{2}} \\
\sqrt{\frac{v^{2}}{c^{2}}} & =\sqrt{1-\frac{1}{\gamma^{2}}} \\
v & =\sqrt{1-\frac{1}{\gamma^{2}}} c \\
v & =0.917 c
\end{array}
$$

