

MODERN PHYSICS

Special Relativity

The 2 postulates, time dilation, length contraction, $E = mc^2$, the everyday evidence, and a 10-question practice set with full solutions.

SUBJECT	LEVEL	INCLUDES
Physics	High school and early college	Practice set, answer key, revision sheet

Read this note online, with updates: gauravtiwari.org/study-notes/special-relativity

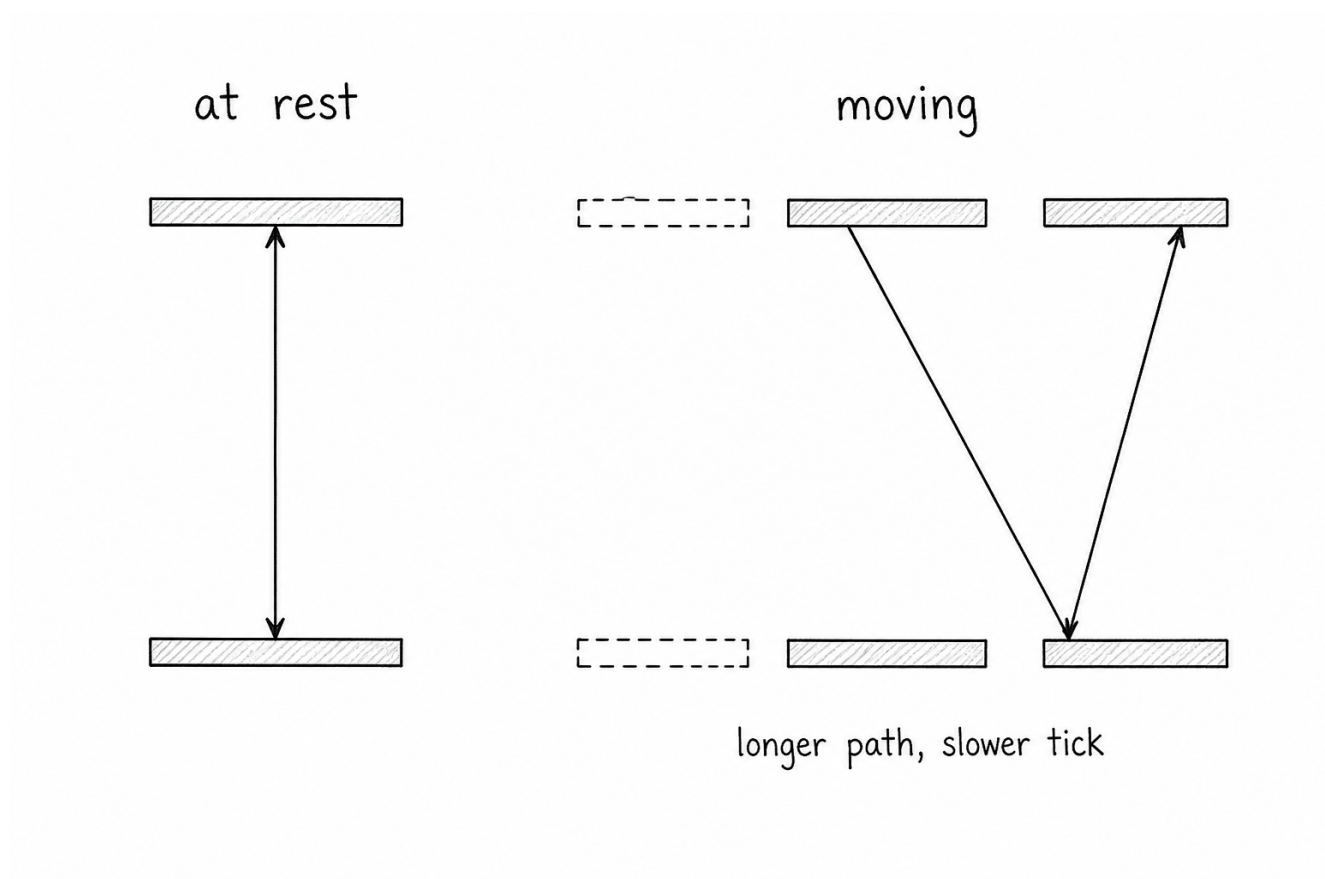
INSIDE

- 1 Historical Context
- 2 Einstein's Two Postulates
- 3 Lorentz Transformations
- 4 Time Dilation
- 5 Length Contraction
- 6 Relativistic Velocity Addition
- 7 Mass-Energy Equivalence
- 8 The Speed of Light as a Cosmic Speed Limit
- 9 Other Relativistic Effects
- 10 Adoption and Experimental Confirmation
- 11 Practice Questions
- 12 Answer Key and Revision Sheet

Special relativity is one of those topics that sounds impossibly abstract until the moment it clicks. Once you see what Einstein actually did in 1905, you realize the whole theory flows from two clean, almost obvious-sounding assumptions. The consequences, though, are anything but obvious. Time slows down. Lengths shrink. Mass and energy turn out to be two faces of the same coin. If you're studying physics, this is where the universe starts to feel genuinely strange, and genuinely beautiful.

Historical Context

In 1905, Albert Einstein published a paper called "[On the Electrodynamics of Moving Bodies](#)" in the journal [Annalen der Physik](#). He was 26 years old, working as a patent clerk in Bern, Switzerland. That single paper dismantled assumptions physicists had held for over two centuries.



The light clock: a moving clock's light travels a longer zigzag path at the same speed c , so its ticks take longer.

The problem Einstein set out to solve was specific: Maxwell's equations for electricity and magnetism didn't play nicely with Newtonian mechanics when objects moved close to the speed of light. Physicists at the time tried to fix this by invoking the "luminiferous ether," a mysterious medium they believed light waves traveled through. The route to relativity also ran through Lorentz and [Henri Poincare](#). Einstein

took a different approach. He threw out the ether entirely and rebuilt mechanics from scratch using two postulates.

Einstein's Two Postulates

The entire theory of special relativity rests on just two assumptions. Everything else, every weird prediction about time and space, is a logical consequence of these two statements.

First Postulate: Principle of Relativity

The laws of physics are the same in all inertial reference frames. An inertial frame is simply one that isn't accelerating. If you're sitting in a train moving at constant velocity with the blinds closed, no experiment you perform inside that train can tell you whether you're moving or standing still. The physics works identically either way.

This postulate isn't actually new. Galileo and Newton both recognized it. You experience it every time you're on a smooth flight and can pour a drink without trouble. The first postulate is essentially common sense elevated to a formal principle.

Second Postulate: Constancy of the Speed of Light

Light always propagates through a vacuum at a definite velocity, c (approximately 3×10^8 m/s), which is independent of the state of motion of the emitting body. In plain terms: it doesn't matter if the light source is racing toward you or away from you. The light itself always travels at exactly c through empty space.

This is the revolutionary part. Under everyday Newtonian intuition, if you throw a ball forward from a moving car, the ball's speed adds to the car's speed. Light doesn't work that way. A flashlight beam from a spaceship traveling at half the speed of light still moves at c , not $1.5c$. This breaks your intuition, and it should.

One common misconception: the second postulate is sometimes stated as "the speed of light is c in all frames of reference." That's actually a *derived result* of combining both postulates together, not the postulate itself. The distinction matters if you're being precise.

The phrasing of the postulates is [slightly different from textbook to textbook](#) because of translation issues, from mathematical German to comprehensible English. The core meaning, however, is consistent across all formulations.

With the second postulate, Einstein had also already introduced the photon theory of light in his paper on the photoelectric effect, which rendered the ether unnecessary. The ether no longer had a special role as an "absolute" inertial frame of reference. It was not only unnecessary but qualitatively useless under special relativity.

KEY INSIGHT

Einstein's two postulates don't just describe how light behaves. They force a complete restructuring of space and time. Every consequence of special relativity, from time dilation to $E=mc^2$, follows logically from these two statements alone. That's what makes the theory so powerful: the assumptions are simple, but the implications reshape our entire understanding of the universe.

Lorentz Transformations

If the speed of light is the same for every observer, then something else has to give. That "something" turns out to be space and time themselves. Einstein showed that the coordinate transformations between inertial frames aren't the simple Galilean transformations you learn in introductory physics. They're the Lorentz transformations.

For a frame S' moving at velocity v relative to frame S along the x -axis, the Lorentz transformations are:

- $x' = \gamma(x - vt)$
- $t' = \gamma(t - vx/c^2)$
- $y' = y$
- $z' = z$

Here, γ (gamma) is the Lorentz factor: $\gamma = 1/\sqrt{1 - v^2/c^2}$. This factor equals 1 when v is zero, and it climbs toward infinity as v approaches c . At everyday speeds, γ is so close to 1 that the Lorentz transformations reduce to the classical Galilean ones. You only notice the difference when velocities become a significant fraction of c .

The key insight here is that time and space aren't separate, independent quantities. They're mixed together by the Lorentz transformation. What one observer calls "space," another observer (moving relative to the first) calls a mixture of "space and time." This is why physicists talk about spacetime as a single four-dimensional entity. If you want to understand how this concept extends to curved spacetime and gravity, see the notes on [Einstein Field Equations](#).



special relativity formulas

Time Dilation

One of the most famous consequences of special relativity: moving clocks tick slower. If you watch a clock that's moving relative to you, you'll measure it running slow compared to your own clock. The relationship is straightforward:

$$\Delta t = \gamma \Delta t_0$$

Here, Δt_0 is the "proper time," the time interval measured by the clock at rest in its own frame. Δt is the dilated time you measure from your frame. Since γ is always greater than or equal to 1, the moving clock always ticks slower from your perspective.

This isn't an illusion or a measurement error. The time difference is real and has been confirmed experimentally many times. Muons created by cosmic rays in the upper atmosphere, for example, should decay long before reaching Earth's surface based on their rest-frame lifetime. But because they travel at nearly the speed of light, time dilation stretches their observed lifetime, and they reach the ground in large numbers. GPS satellites also account for relativistic time dilation in their calculations. Without the correction, your GPS position would drift by kilometers per day.

The Twin Paradox

The most famous thought experiment in special relativity: one twin stays on Earth while the other rockets away at near-light speed, turns around, and comes back. When they reunite, the traveling twin is

younger. This isn't a paradox at all, despite the name. The situation isn't symmetric because the traveling twin accelerates (changes inertial frames) during the turnaround. The stay-at-home twin remains in a single inertial frame throughout. That asymmetry breaks the apparent contradiction.

Length Contraction

Just as time dilates, lengths contract. An object moving relative to you appears shorter along the direction of motion. The formula mirrors time dilation:

$$L = L_0 / \gamma$$

L_0 is the proper length (measured in the object's rest frame), and L is the contracted length you measure. A 100-meter spaceship traveling at $0.87c$ (where $\gamma = 2$) would appear to be only 50 meters long to a stationary observer. The contraction only happens along the direction of motion. The ship's height and width remain unchanged.

Like time dilation, length contraction is reciprocal. If you're on the spaceship, you'd see the "stationary" observer's rulers as contracted. Each observer sees the other's measurements as contracted. This isn't a contradiction. It's a direct consequence of the relativity of simultaneity, which is the fact that two events simultaneous in one frame aren't necessarily simultaneous in another.

Relativistic Velocity Addition

In classical mechanics, velocities simply add. If you're on a train moving at 50 km/h and you throw a ball forward at 20 km/h, someone on the ground sees the ball moving at 70 km/h. Simple addition.

Special relativity replaces this with the relativistic velocity addition formula:

$$u = (v + u') / (1 + vu'/c^2)$$

At low speeds, the denominator is essentially 1 and you recover the classical result. But at high speeds, the formula ensures that no combination of sub-light velocities ever produces a result greater than c . If a spaceship moves at $0.9c$ and fires a probe forward at $0.9c$ relative to itself, the ground observer sees the probe moving at approximately $0.994c$, not $1.8c$. The speed of light remains the absolute ceiling.

Mass-Energy Equivalence

This is the equation everyone knows, even people who've never opened a physics textbook:

$$E = mc^2$$

Einstein showed that mass and energy are interchangeable. A body at rest has an energy equal to its mass times the speed of light squared. Because c^2 is an enormous number (approximately $9 \times 10^{16} \text{ m}^2/\text{s}^2$), even a tiny amount of mass corresponds to a tremendous amount of energy.

The more complete version of this relationship is the energy-momentum relation:

$$E^2 = (pc)^2 + (mc^2)^2$$

For an object at rest ($p = 0$), this reduces to $E = mc^2$. For a massless particle like a photon ($m = 0$), it gives $E = pc$, meaning photons carry energy and momentum despite having no mass.

This relationship was proven most dramatically to the world when nuclear bombs released the energy bound within atomic nuclei at Hiroshima and Nagasaki at the end of World War II. Today, nuclear power plants, PET scans, and particle accelerators all operate on the principle that mass and energy are fundamentally the same thing.

The Speed of Light as a Cosmic Speed Limit

No object with mass can accelerate to the speed of light. As you push an object faster and faster, its relativistic momentum increases without bound. The kinetic energy required to reach c is literally infinite, so you can never get there through acceleration.

Massless particles like photons travel at exactly c from the instant they're created. They don't accelerate to that speed. They're born at it and can never travel at any other speed in a vacuum.

Some have pointed out that an object could in theory move faster than the speed of light, so long as it never accelerated through c to get there. These hypothetical particles are called tachyons. No tachyon has ever been observed, and their existence would create serious problems with causality (effects preceding causes). For now, c remains the hard speed limit of the universe. This speed limit is one reason why understanding the four fundamental forces of nature matters: each force is mediated by particles that obey relativistic constraints.

Other Relativistic Effects

Beyond the major consequences covered above, special relativity predicts several additional effects that you should be aware of:

- **Relativistic Doppler Effect:** Light from an approaching source is blueshifted (higher frequency), and light from a receding source is redshifted (lower frequency). Unlike the classical Doppler effect for sound, the relativistic version includes a transverse component due to time dilation.
- **Relativity of Simultaneity:** Two events that are simultaneous in one reference frame are generally not simultaneous in another. This is one of the most counterintuitive predictions and sits at the root of many apparent "paradoxes."
- **Relativistic Momentum:** Classical momentum ($p = mv$) is replaced by $p = \gamma mv$. At low speeds, the difference is negligible. At speeds approaching c , the momentum grows without bound.
- **Relativistic Kinetic Energy:** The kinetic energy of a moving body is $K = (\gamma - 1)mc^2$, which reduces to the familiar $(1/2)mv^2$ at low speeds.

TIP

Special relativity only covers inertial (non-accelerating) frames. If you're ready to tackle gravity and curved spacetime, the next step is general relativity. The [best general relativity books for beginners](#) can help bridge that gap, and the [Standard Model](#) notes show how relativistic quantum mechanics builds on these same principles.

Adoption and Experimental Confirmation

In 1908, Max Planck applied the term "theory of relativity" to describe these concepts because of the central role relativity played in them. At the time, the term applied only to special relativity because general relativity hadn't been developed yet.

Einstein's theory *was not immediately embraced by physicists* as a whole. It seemed too theoretical, too counterintuitive, and too disconnected from everyday experience. When Einstein received his 1921 Nobel Prize, it was specifically for his solution to the photoelectric effect and for his "contributions to Theoretical Physics." *Relativity was still too controversial to be specifically referenced.*

Over the decades, however, the predictions of special relativity have been confirmed repeatedly:

- In 1971, Hafele and Keating flew cesium atomic clocks around the world on commercial airliners. The clocks showed time differences exactly matching the predictions of special (and general) relativity.
- Particle accelerators like CERN's LHC routinely accelerate protons to 99.9999991% of the speed of light. The behavior of these particles at such speeds matches relativistic predictions with extraordinary precision.
- GPS satellites must correct for both special relativistic time dilation (clocks tick slower due to orbital velocity) and general relativistic effects (clocks tick faster due to weaker gravity). Without these corrections, GPS would be useless within hours.

Today, special relativity isn't controversial. It's one of the most thoroughly tested and confirmed theories in all of physics. Every experiment designed to break it has instead confirmed it.

Practice Questions

Work each question before reading its solution. The set runs from direct recall and substitution to the applied questions that exams actually use to separate grades.

Q1. State the 2 postulates of special relativity.

SOLUTION

First: the laws of physics are identical in every inertial (non-accelerating) frame; no experiment inside a smoothly moving lab can reveal its motion. Second: light in vacuum travels at $c = 3 \times 10^8$ m/s for every observer, regardless of the source's or observer's motion. Everything else in the theory is forced by these 2 sentences.

Q2. Define the Lorentz factor and compute it for $v = 0.6c$ and $v = 0.99c$.

SOLUTION

$\gamma = \frac{1}{\sqrt{1 - v^2/c^2}}$. At $0.6c$: $\gamma = 1/\sqrt{1 - 0.36} = 1/0.8 = 1.25$. At $0.99c$: $\gamma = 1/\sqrt{0.0199} \approx 7.1$. Below about $0.1c$, γ is within half a percent of 1, which is why daily life never notices relativity.

Q3. A muon's clock ticks $2.2 \mu\text{s}$ before it decays. Moving at $0.99c$, how long does it survive in our frame, and why does this matter experimentally?

SOLUTION

Our frame sees its lifetime dilated to $\gamma\tau \approx 7.1 \times 2.2 = 15.6 \mu\text{s}$. Muons made by cosmic rays 15 km up would mostly decay before landing if their clocks ran normally; instead they shower every square meter of the ground. Their arrival is time dilation measured daily.

Q4. From the muon's own frame, its clock runs normally. How does it still reach the ground? Reconcile the 2 accounts.

SOLUTION

In the muon's frame the atmosphere rushes past at $0.99c$, so the 15 km of air is length-contracted to $15/\gamma \approx 2.1$ km, a distance it can cross in its short life. One frame explains the arrival by slow clocks, the other by short distances; both predict arrival. Different bookkeeping, same physical event: that is relativity behaving consistently.

Q5. A spaceship 100 m long in its own frame passes at $0.8c$. How long is it as measured from Earth?

SOLUTION

$\gamma = 1/\sqrt{1 - 0.64} = 5/3$. Contracted length = $100/\gamma = 60$ m, shrunk only along the motion; height and width are untouched. The crew, measuring Earth rulers, sees the same 40% contraction the other way. The effect is mutual.

Q6. Why can nothing with mass reach the speed of light? Answer with energy.

SOLUTION

Kinetic energy in relativity is $(\gamma - 1)mc^2$, and $\gamma \rightarrow \infty$ as $v \rightarrow c$. Each increment of speed costs more energy than the last, without bound: accelerating even an electron to exactly c would take infinite energy. Accelerators confirm the curve daily, pushing protons to $0.99999c$ while the last decimal place devours gigawatts.

Q7. Compute the energy locked in 1 gram of mass, and give a comparison anchor.

SOLUTION

$E = mc^2 = 0.001 \times (3 \times 10^8)^2 = 9 \times 10^{13}$ J, about 25 million kWh, roughly the output of a large power station running for a day, or 21 kilotons of TNT. Ordinary chemistry releases about a billionth of a substance's mass-energy; nuclear reactions reach a fraction of a percent, which is already bomb territory.

Q8. Two lightning bolts strike the ends of a moving train. Track-side observers call them simultaneous. Do the passengers agree, and what principle is at stake?

SOLUTION

No. The passenger races toward one flash and away from the other; light from the front reaches them first, and since light's speed is the same c in their frame, they conclude the front bolt struck earlier. Simultaneity of separated events is frame-dependent. This "relativity of simultaneity" is the conceptual pivot from which time dilation and contraction follow.

Q9. Where does special relativity run inside consumer technology? Give the GPS accounting.

SOLUTION

GPS satellite clocks run fast by about $45 \mu\text{s/day}$ from weaker gravity (general relativity) and slow by about $7 \mu\text{s/day}$ from orbital speed (special relativity), a net $+38 \mu\text{s/day}$ that engineers pre-correct in the satellite clocks. Uncorrected, position errors would grow about 10 km per day. Every phone fix silently runs both relativities.

Q10. Your friend objects: "moving clocks run slow is obviously an illusion of signal delay." Give the experimental rebuttals.

SOLUTION

The effect survives after all signal-travel time is accounted for. Flown atomic clocks (Hafele-Keating) return offset from stay-home twins by the predicted nanoseconds. Muon storage rings hold dilation to a few parts per thousand at $\gamma \approx 29$. Particle lifetimes, accelerator dynamics, and GPS all require it numerically. Slow clocks are measured hardware behavior, not perspective.

Answer Key

QUICK ANSWERS

Q1 same laws in all inertial frames; same c for everyone **Q2** 1.25 and about 7.1 **Q3** $\approx 15.6 \mu\text{s}$; cosmic muons reach the ground **Q4** the atmosphere contracts to $\sim 2.1 \text{ km}$ **Q5** 60 m
Q6 energy diverges: $(\gamma - 1)mc^2 \rightarrow \infty$ **Q7** $9 \times 10^{13} \text{ J} \approx 21 \text{ kt of TNT}$ **Q8** no; simultaneity is relative
Q9 GPS pre-corrects a net $38 \mu\text{s/day}$ **Q10** flown clocks, muon rings, GPS: real offsets remain

Revision Sheet

Postulates

Same physics in all inertial frames; same c for all observers.

Length contraction

Moving lengths shrink along motion: $L = L_0/\gamma$.

Lorentz factor

$\gamma = 1/\sqrt{1 - v^2/c^2}$: 1.005 at $0.1c$, 1.25 at $0.6c$, 7.1 at $0.99c$.

Mass-energy

$E_0 = mc^2$; kinetic energy $= (\gamma - 1)mc^2$, diverging as $v \rightarrow c$.

Time dilation

Moving clocks tick slow: $\Delta t = \gamma \Delta t_0$. Proper time is the shortest.

Everyday proof

Cosmic muons, GPS clock corrections, accelerator physics, flown atomic clocks.

About These Notes

This note is part of a free study-notes series on gauravtiwari.org covering mathematics, physics, chemistry, and biology: the concepts that keep deciding grades in high school, board, and entrance exams.

2008

Writing and teaching online since

2,000+

Articles published on gauravtiwari.org

125+

Free study notes in this series

M.Sc.

Mathematics, with physics and chemistry training

Gaurav Tiwari is a developer, educator, and founder of Gatilab. The study-notes series exists because most exam prep material is either a full textbook or a thin definition page, and revision needs something in between: one concept, complete, with the traps named and the practice attached.

GET THE FULL SERIES

Every note in the series is free to read online and free to download as a PDF like this one. Browse the complete collection at gauravtiwari.org/free-study-notes-exam-prep and pick the topics your next exam actually covers.

USE IT FREELY

This PDF is free for personal study, classrooms, and study groups. Share the file or the link with anyone it can help. The one thing not allowed is reselling it or republishing it as your own work.

 Gaurav Tiwari

gauravtiwari.org