

1.) Let A be a smooth 1-form on X . We define a functor
 $S: \mathcal{P}(X) \rightarrow \mathbb{R}$

by letting

$$S(\gamma) = \int_{\gamma} A$$

for any morphism γ in $\mathcal{P}(X)$. Uniqueness of such a functor is immediate, since we have a well defined formula for the morphism map and since the group \mathbb{R} has only one object. To see that this actually gives a functor, suppose

$$\gamma_1: [0, T_1] \rightarrow X \quad \& \quad \gamma_2: [0, T_2] \rightarrow X$$

are piecewise smooth paths in X with $\gamma_1(T_1) = \gamma_2(0)$ so they are composable as morphisms in $\mathcal{P}(X)$. Then $\gamma_1 \gamma_2: [0, T_1 + T_2]$ is given by

$$\gamma_1 \gamma_2(t) = \begin{cases} \gamma_1(t) & t \in [0, T_1] \\ \gamma_2(t - T_1) & t \in [T_1, T_1 + T_2] \end{cases}$$

so:

$$\begin{aligned} S(\gamma_1 \gamma_2) &= \int_{\gamma_1 \gamma_2} A = \int_0^{T_1 + T_2} A((\gamma_1 \gamma_2)'(t)) dt \\ &= \int_0^{T_1} A((\gamma_1 \gamma_2)'(t)) dt + \int_{T_1}^{T_1 + T_2} A((\gamma_1 \gamma_2)'(t)) dt \\ &= \int_0^{T_1} A(\gamma_1'(t)) dt + \int_0^{T_2} A(\gamma_2'(t)) dt \\ &= S(\gamma_1) + S(\gamma_2), \end{aligned}$$

and also

$$S([0, 0] \xrightarrow{1_x} X) = \int_0^0 A(1_x') = 0.$$

2) The bundle projection

$$\begin{aligned}\pi: T^*U &\longrightarrow U \\ (q, p) &\longmapsto q\end{aligned}$$

yields

$$(d\pi)_{(q,p)}: T_{(q,p)}(T^*U) \longrightarrow T_q U.$$

Using the orthonormal basis $\left\{ \left(\frac{\partial}{\partial x_i} \right)_q \right\}$ of $T_q U$, we may

expand $d\pi_{(q,p)}(v)$, $v \in T_{(q,p)}(T^*U)$, as:

$$\begin{aligned}d\pi_{(q,p)}(v) &= (dx_i)_q \left(d\pi_{(q,p)}(v) \right) \left(\frac{\partial}{\partial x_i} \right)_q \\ &= (dx_i)_q \circ (d\pi)_{(q,p)}(v) \left(\frac{\partial}{\partial x_i} \right)_q \quad \left. \vphantom{(dx_i)_q} \right\} \text{chain Rule} \\ &= d(x_i \circ \pi)_{(q,p)}(v) \left(\frac{\partial}{\partial x_i} \right)_q \\ &= (dq_i)_{(q,p)}(v) \left(\frac{\partial}{\partial x_i} \right)_q\end{aligned}$$

where the chain rule step made use of the fact that

$$q_i(q, p) = x_i(q) = x_i \circ \pi(q, p).$$

Thus:

$$\begin{aligned}\alpha_{(q,p)}(v) &:= p(d\pi_{(q,p)}(v)) \\ &= p \left((dq_i)_{(q,p)}(v) \left(\frac{\partial}{\partial x_i} \right)_q \right) \\ &= (dq_i)_{(q,p)}(v) p \left(\frac{\partial}{\partial x_i} \right)_q = (dq_i)_{(q,p)}(v) p^i\end{aligned}$$

Assembling this into α , we just drop all the basepoints:

$$\alpha(v) = p^i dq_i(v)$$

or since v was arbitrary:

$$\alpha = p^i dq_i.$$

$$3.) \quad \omega = d\alpha = d(p^i dq_i) = dp^i \wedge dq_i + \underbrace{p^i d(dq_i)}_{=0} = dp^i \wedge dq_i.$$

4.) By Stokes' Thm:

$$S(\gamma) = \int_{\gamma} \alpha = \int_{\partial D} \alpha = \int_D d\alpha = \int_D \omega.$$