



Contribution ID: 37

Type: **not specified**

Nucleon spin structure from lattice QCD

We will present results on the spin and momentum decomposition among the quarks and gluons in the nucleon using state-of-the-art lattice QCD simulations.

Techniques for the accurate evaluation of sea-quark and gluon contributions at the physical pion mass will be discussed.

Challenges and perspectives for future developments will be presented.

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Track Classification: Spin physics