Phong Normalization Factor derivation

I'll do pure-specular only (i.e. $C_d = 0$, $C_s = 1$), the mixed case is easy from there. Also, we're only interested in the maximum of reflected energy, which in the Phong model occurs when L and N are parallel to each other, which makes R = N too (in all other cases, R is "on the other side" of N relative to V, hence the angle between R and V can never be smaller than the angle between R and N). Anyway, this means that $R \cdot V = N \cdot V$, which is a value we already know, namely $\cos \theta$.

Moving on, the integral we now need to calculate is

$$\int_{\Omega} (\cos \theta)^n d\omega \tag{1}$$

with Ω being the upper hemisphere; integrating in spherical coordinates, this is

$$\int_0^{2\pi} \int_0^{\pi/2} (\cos \theta)^n \sin \theta \, d\theta d\phi = 2\pi \int_0^{\pi/2} (\cos \theta)^n \sin \theta \, d\theta =: 2\pi I_n$$
 (2)

and using integration by parts with $f = (\cos \theta)^n$, $g' = \sin \theta$ on I_n we get

$$I_n = [(\cos \theta)^n (-\cos \theta)]_0^{\pi/2} - \int_0^{\pi/2} n(\cos \theta)^{n-1} (-\sin \theta) (-\cos \theta) d\theta$$
$$= [-(\cos \theta)^{n+1}]_0^{\pi/2} - n \int_0^{\pi/2} (\cos \theta)^n \sin \theta d\theta$$
$$= (-0+1) - nI_n$$

so $(n+1)I_n=1$ which means that $I_n=\frac{1}{n+1}$. Plugging this into (2) tells us that (1) equals $\frac{2\pi}{n+1}$, so the normalization factor if we want it to integrate to 1 is the reciprocal, which is $\frac{n+1}{2\pi}$. Why $\frac{n+1}{2}$ and not n+2? Because this is the derivation for the original Phong formulation, where the $R \cdot V$ term is not multiplied by $\cos \theta$. If you write that version of the Phong model as a BRDF, you end up with a $\cos \theta$ in the numerator to cancel out the $\cos \theta$ factor in the reflection equation. This numerator is complete nonsense physically, so the modern formulation of the Phong model removes it. Then the integral becomes

$$\int_{\Omega} (R \cdot V) \cos \theta \, d\omega \stackrel{L=N}{=} \int_{\Omega} (\cos \theta)^{n+1} \, d\omega$$

and our normalization factor computation cranks out $\frac{n+2}{2}$, as expected.

Blinn-Phong normalization factor

I'll again limit myself to the specular term and again assume that the maximum reflected energy occurs with L=N (I have no proof for the latter though, but I do have some experimental evidence. If I find a nice proof later, I'll update this document accordingly. Anyway, with L=N, things get a lot simpler than the general case because L, N, V, and H all lie in the same plane and we can work exclusively with angles. Particularly, the angle θ_h between H and N is exactly half of the angle θ between V and N, and the integral we need to evaluate boils down to

$$\int_{\Omega} (\cos \theta_h)^n \cos \theta \, d\omega = \int_{\Omega} (\cos \theta/2)^n \cos \theta \, d\omega$$

(I'll only do the BRDF version with the extra factor of $\cos \theta$ here). Again integrating in spherical coordinates, we get

$$\int_0^{2\pi} \int_0^{\pi/2} (\cos \theta/2)^n \cos \theta \sin \theta \, d\theta d\phi = 2\pi \int_0^{\pi/2} (\cos \theta/2)^n \cos \theta \sin \theta \, d\theta$$
 (3)

and using the half-angle formula $\cos(\theta/2) = \sqrt{\frac{1+\cos\theta}{2}}$ and the substitution $t = \cos\theta$ (which gives $dt = -\sin\theta d\theta$) we get

$$(3) = -2\pi \int_{1}^{0} \left(\sqrt{\frac{1+t}{2}} \right)^{n} t \, dt = 2\pi \int_{0}^{1} \left(\frac{1+t}{2} \right)^{n/2} t \, dt$$

which can be evaluated using integration by parts, this time using f = t and $g' = ((1+t)/2)^{n/2}$. This yields:

$$\begin{split} &2\pi \left(\left[\frac{4}{n+2} t \left(\frac{1+t}{2} \right)^{(n+2)/2} \right]_{t=0}^{1} - \frac{4}{n+2} \int_{0}^{1} \left(\frac{1+t}{2} \right)^{(n+2)/2} \mathrm{d}t \right) \\ &= \frac{8\pi}{n+2} \left(\left[t \left(\frac{1+t}{2} \right)^{(n+2)/2} \right]_{t=0}^{1} - \frac{4}{n+4} \left[\left(\frac{1+t}{2} \right)^{(n+4)/2} \right]_{t=0}^{1} \right) \\ &= \frac{8\pi}{n+2} \left[\cos(\theta) \cos(\theta/2)^{n+2} - \frac{4}{n+4} \cos(\theta/2)^{n+4} \right]_{\theta=\pi/2}^{0} \\ &= \frac{8\pi \left[\cos(\theta/2)^{n+2} \left(4\cos(\theta/2)^{2} - (n+4)\cos(\theta) \right) \right]_{\theta=0}^{\pi/2}}{(n+2)(n+4)} \\ &= \frac{8\pi \left[\cos(\theta/2)^{n+2} \left(2(1+\cos(\theta)) - (n+4)\cos(\theta) \right) \right]_{\theta=0}^{\pi/2}}{(n+2)(n+4)} \\ &= \frac{8\pi \left[\cos(\theta/2)^{n+2} \left(2 - (n+2)\cos(\theta) \right) \right]_{\theta=0}^{\pi/2}}{(n+2)(n+4)} \\ &= \frac{8\pi \left(2^{1-(n+2)/2} - (2-(n+2)) \right)}{(n+2)(n+4)} \\ &= \frac{8\pi (2^{-n/2} + n)}{(n+2)(n+4)} \end{split}$$

which makes the Blinn-Phong normalization factor $\frac{(n+2)(n+4)}{8\pi(2^{-n/2}+n)}$, not $\frac{n+8}{8\pi}$.