

## Trigonometric Substitution

In finding the area of a circle or an ellipse, an integral of the form  $\int \sqrt{a^2 - x^2} dx$  arises, where  $a > 0$ . If it were  $\int x\sqrt{a^2 - x^2} dx$ , the substitution  $u = a^2 - x^2$  would be effective but, as it stands,  $\int \sqrt{a^2 - x^2} dx$  is more difficult. If we change the variable from  $x$  to  $\theta$  by the substitution  $x = a \sin \theta$ , then the identity  $1 - \sin^2\theta = \cos^2\theta$  allows us to get rid of the root sign because

$$\sqrt{a^2 - x^2} = \sqrt{a^2 - a^2 \sin^2\theta} = \sqrt{a^2(1 - \sin^2\theta)} = \sqrt{a^2 \cos^2\theta} = a |\cos \theta|$$

Notice the difference between the substitution  $u = a^2 - x^2$  (in which the new variable is a function of the old one) and the substitution  $x = a \sin \theta$  (the old variable is a function of the new one).

In general we can make a substitution of the form  $x = g(t)$  by using the Substitution Rule in reverse. To make our calculations simpler, we assume that  $g$  has an inverse function; that is,  $g$  is one-to-one. In this case, if we replace  $u$  by  $x$  and  $x$  by  $t$  in the Substitution Rule (Equation 5.5.4), we obtain

$$\int f(x) dx = \int f(g(t))g'(t) dt$$

This kind of substitution is called *inverse substitution*.

We can make the inverse substitution  $x = a \sin \theta$  provided that it defines a one-to-one function. This can be accomplished by restricting  $\theta$  to lie in the interval  $[-\pi/2, \pi/2]$ .

In the following table we list trigonometric substitutions that are effective for the given radical expressions because of the specified trigonometric identities. In each case the restriction on  $\theta$  is imposed to ensure that the function that defines the substitution is one-to-one. (These are the same intervals used in Appendix D in defining the inverse functions.)

**Table of Trigonometric Substitutions**

Expression	Substitution	Identity
$\sqrt{a^2 - x^2}$	$x = a \sin \theta, \quad -\frac{\pi}{2} \leq \theta \leq \frac{\pi}{2}$	$1 - \sin^2\theta = \cos^2\theta$
$\sqrt{a^2 + x^2}$	$x = a \tan \theta, \quad -\frac{\pi}{2} < \theta < \frac{\pi}{2}$	$1 + \tan^2\theta = \sec^2\theta$
$\sqrt{x^2 - a^2}$	$x = a \sec \theta, \quad 0 \leq \theta < \frac{\pi}{2} \text{ or } \pi \leq \theta < \frac{3\pi}{2}$	$\sec^2\theta - 1 = \tan^2\theta$

**EXAMPLE 1** Evaluate  $\int \frac{\sqrt{9 - x^2}}{x^2} dx$ .

**SOLUTION** Let  $x = 3 \sin \theta$ , where  $-\pi/2 \leq \theta \leq \pi/2$ . Then  $dx = 3 \cos \theta d\theta$  and

$$\sqrt{9 - x^2} = \sqrt{9 - 9 \sin^2\theta} = \sqrt{9 \cos^2\theta} = 3 |\cos \theta| = 3 \cos \theta$$

(Note that  $\cos \theta \geq 0$  because  $-\pi/2 \leq \theta \leq \pi/2$ .) Thus, the Inverse Substitution Rule gives

$$\begin{aligned} \int \frac{\sqrt{9 - x^2}}{x^2} dx &= \int \frac{3 \cos \theta}{9 \sin^2\theta} 3 \cos \theta d\theta \\ &= \int \frac{\cos^2\theta}{\sin^2\theta} d\theta = \int \cot^2\theta d\theta \\ &= \int (\csc^2\theta - 1) d\theta \\ &= -\cot \theta - \theta + C \end{aligned}$$

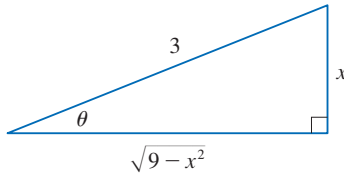


FIGURE 1

$$\sin \theta = \frac{x}{3}$$

Since this is an indefinite integral, we must return to the original variable  $x$ . This can be done either by using trigonometric identities to express  $\cot \theta$  in terms of  $\sin \theta = x/3$  or by drawing a diagram, as in Figure 1, where  $\theta$  is interpreted as an angle of a right triangle. Since  $\sin \theta = x/3$ , we label the opposite side and the hypotenuse as having lengths  $x$  and 3. Then the Pythagorean Theorem gives the length of the adjacent side as  $\sqrt{9 - x^2}$ , so we can simply read the value of  $\cot \theta$  from the figure:

$$\cot \theta = \frac{\sqrt{9 - x^2}}{x}$$

(Although  $\theta > 0$  in the diagram, this expression for  $\cot \theta$  is valid even when  $\theta < 0$ .) Since  $\sin \theta = x/3$ , we have  $\theta = \sin^{-1}(x/3)$  and so

$$\int \frac{\sqrt{9 - x^2}}{x^2} dx = -\frac{\sqrt{9 - x^2}}{x} - \sin^{-1}\left(\frac{x}{3}\right) + C$$

**EXAMPLE 2** Find the area enclosed by the ellipse

$$\frac{x^2}{a^2} + \frac{y^2}{b^2} = 1$$

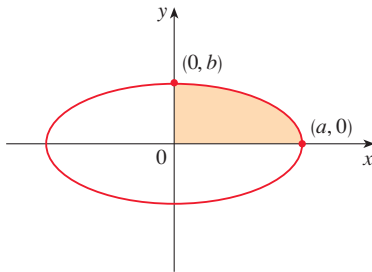


FIGURE 2

$$\frac{x^2}{a^2} + \frac{y^2}{b^2} = 1$$

**SOLUTION** Solving the equation of the ellipse for  $y$ , we get

$$\frac{y^2}{b^2} = 1 - \frac{x^2}{a^2} = \frac{a^2 - x^2}{a^2} \quad \text{or} \quad y = \pm \frac{b}{a} \sqrt{a^2 - x^2}$$

Because the ellipse is symmetric with respect to both axes, the total area  $A$  is four times the area in the first quadrant (see Figure 2). The part of the ellipse in the first quadrant is given by the function

$$y = \frac{b}{a} \sqrt{a^2 - x^2} \quad 0 \leq x \leq a$$

and so

$$\frac{1}{4}A = \int_0^a \frac{b}{a} \sqrt{a^2 - x^2} dx$$

To evaluate this integral we substitute  $x = a \sin \theta$ . Then  $dx = a \cos \theta d\theta$ . To change the limits of integration we note that when  $x = 0$ ,  $\sin \theta = 0$ , so  $\theta = 0$ ; when  $x = a$ ,  $\sin \theta = 1$ , so  $\theta = \pi/2$ . Also

$$\sqrt{a^2 - x^2} = \sqrt{a^2 - a^2 \sin^2 \theta} = \sqrt{a^2 \cos^2 \theta} = a |\cos \theta| = a \cos \theta$$

since  $0 \leq \theta \leq \pi/2$ . Therefore

$$\begin{aligned} A &= 4 \frac{b}{a} \int_0^a \sqrt{a^2 - x^2} dx = 4 \frac{b}{a} \int_0^{\pi/2} a \cos \theta \cdot a \cos \theta d\theta \\ &= 4ab \int_0^{\pi/2} \cos^2 \theta d\theta = 4ab \int_0^{\pi/2} \frac{1}{2}(1 + \cos 2\theta) d\theta \\ &= 2ab \left[ \theta + \frac{1}{2} \sin 2\theta \right]_0^{\pi/2} = 2ab \left( \frac{\pi}{2} + 0 - 0 \right) \\ &= \pi ab \end{aligned}$$

We have shown that the area of an ellipse with semiaxes  $a$  and  $b$  is  $\pi ab$ . In particular, taking  $a = b = r$ , we have proved the famous formula that the area of a circle with radius  $r$  is  $\pi r^2$ .

**NOTE** ■ Since the integral in Example 2 was a definite integral, we changed the limits of integration and did not have to convert back to the original variable  $x$ .

**EXAMPLE 3** Find  $\int \frac{1}{x^2\sqrt{x^2+4}} dx$ .

**SOLUTION** Let  $x = 2 \tan \theta$ ,  $-\pi/2 < \theta < \pi/2$ . Then  $dx = 2 \sec^2 \theta d\theta$  and

$$\sqrt{x^2+4} = \sqrt{4(\tan^2 \theta + 1)} = \sqrt{4 \sec^2 \theta} = 2 |\sec \theta| = 2 \sec \theta$$

Thus, we have

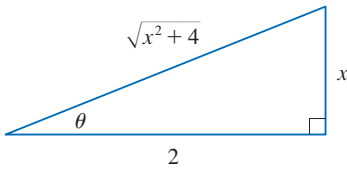
$$\int \frac{dx}{x^2\sqrt{x^2+4}} = \int \frac{2 \sec^2 \theta d\theta}{4 \tan^2 \theta \cdot 2 \sec \theta} = \frac{1}{4} \int \frac{\sec \theta}{\tan^2 \theta} d\theta$$

To evaluate this trigonometric integral we put everything in terms of  $\sin \theta$  and  $\cos \theta$ :

$$\frac{\sec \theta}{\tan^2 \theta} = \frac{1}{\cos \theta} \cdot \frac{\cos^2 \theta}{\sin^2 \theta} = \frac{\cos \theta}{\sin^2 \theta}$$

Therefore, making the substitution  $u = \sin \theta$ , we have

$$\begin{aligned} \int \frac{dx}{x^2\sqrt{x^2+4}} &= \frac{1}{4} \int \frac{\cos \theta}{\sin^2 \theta} d\theta = \frac{1}{4} \int \frac{du}{u^2} \\ &= \frac{1}{4} \left( -\frac{1}{u} \right) + C = -\frac{1}{4 \sin \theta} + C \\ &= -\frac{\csc \theta}{4} + C \end{aligned}$$



**FIGURE 3**

$$\tan \theta = \frac{x}{2}$$

We use Figure 3 to determine that  $\csc \theta = \sqrt{x^2+4}/x$  and so

$$\int \frac{dx}{x^2\sqrt{x^2+4}} = -\frac{\sqrt{x^2+4}}{4x} + C$$

**EXAMPLE 4** Find  $\int \frac{x}{\sqrt{x^2+4}} dx$ .

**SOLUTION** It would be possible to use the trigonometric substitution  $x = 2 \tan \theta$  here (as in Example 3). But the direct substitution  $u = x^2 + 4$  is simpler, because then  $du = 2x dx$  and

$$\int \frac{x}{\sqrt{x^2+4}} dx = \frac{1}{2} \int \frac{du}{\sqrt{u}} = \sqrt{u} + C = \sqrt{x^2+4} + C$$

**NOTE** ▫ Example 4 illustrates the fact that even when trigonometric substitutions are possible, they may not give the easiest solution. You should look for a simpler method first.

**EXAMPLE 5** Evaluate  $\int \frac{dx}{\sqrt{x^2-a^2}}$ , where  $a > 0$ .

**SOLUTION** We let  $x = a \sec \theta$ , where  $0 < \theta < \pi/2$  or  $\pi < \theta < 3\pi/2$ . Then  $dx = a \sec \theta \tan \theta d\theta$  and

$$\sqrt{x^2-a^2} = \sqrt{a^2(\sec^2 \theta - 1)} = \sqrt{a^2 \tan^2 \theta} = a |\tan \theta| = a \tan \theta$$

Therefore

$$\begin{aligned} \int \frac{dx}{\sqrt{x^2-a^2}} &= \int \frac{a \sec \theta \tan \theta}{a \tan \theta} d\theta \\ &= \int \sec \theta d\theta = \ln |\sec \theta + \tan \theta| + C \end{aligned}$$

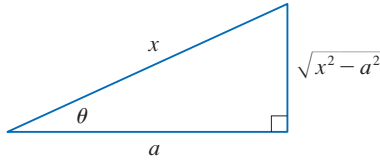


FIGURE 4

$$\sec \theta = \frac{x}{a}$$

The triangle in Figure 4 gives  $\tan \theta = \sqrt{x^2 - a^2}/a$ , so we have

$$\begin{aligned} \int \frac{dx}{\sqrt{x^2 - a^2}} &= \ln \left| \frac{x}{a} + \frac{\sqrt{x^2 - a^2}}{a} \right| + C \\ &= \ln |x + \sqrt{x^2 - a^2}| - \ln a + C \end{aligned}$$

Writing  $C_1 = C - \ln a$ , we have

$$\int \frac{dx}{\sqrt{x^2 - a^2}} = \ln |x + \sqrt{x^2 - a^2}| + C_1 \quad \blacksquare \blacksquare$$

**EXAMPLE 6** Find  $\int_0^{3\sqrt{3}/2} \frac{x^3}{(4x^2 + 9)^{3/2}} dx$ .

**SOLUTION** First we note that  $(4x^2 + 9)^{3/2} = (\sqrt{4x^2 + 9})^3$  so trigonometric substitution is appropriate. Although  $\sqrt{4x^2 + 9}$  is not quite one of the expressions in the table of trigonometric substitutions, it becomes one of them if we make the preliminary substitution  $u = 2x$ . When we combine this with the tangent substitution, we have  $x = \frac{3}{2} \tan \theta$ , which gives  $dx = \frac{3}{2} \sec^2 \theta d\theta$  and

$$\sqrt{4x^2 + 9} = \sqrt{9 \tan^2 \theta + 9} = 3 \sec \theta$$

When  $x = 0$ ,  $\tan \theta = 0$ , so  $\theta = 0$ ; when  $x = 3\sqrt{3}/2$ ,  $\tan \theta = \sqrt{3}$ , so  $\theta = \pi/3$ .

$$\begin{aligned} \int_0^{3\sqrt{3}/2} \frac{x^3}{(4x^2 + 9)^{3/2}} dx &= \int_0^{\pi/3} \frac{\frac{27}{8} \tan^3 \theta}{27 \sec^3 \theta} \frac{3}{2} \sec^2 \theta d\theta \\ &= \frac{3}{16} \int_0^{\pi/3} \frac{\tan^3 \theta}{\sec \theta} d\theta = \frac{3}{16} \int_0^{\pi/3} \frac{\sin^3 \theta}{\cos^2 \theta} d\theta \\ &= \frac{3}{16} \int_0^{\pi/3} \frac{1 - \cos^2 \theta}{\cos^2 \theta} \sin \theta d\theta \end{aligned}$$

Now we substitute  $u = \cos \theta$  so that  $du = -\sin \theta d\theta$ . When  $\theta = 0$ ,  $u = 1$ ; when  $\theta = \pi/3$ ,  $u = \frac{1}{2}$ .

Therefore

$$\begin{aligned} \int_0^{3\sqrt{3}/2} \frac{x^3}{(4x^2 + 9)^{3/2}} dx &= -\frac{3}{16} \int_1^{1/2} \frac{1 - u^2}{u^2} du = \frac{3}{16} \int_1^{1/2} (1 - u^{-2}) du \\ &= \frac{3}{16} \left[ u + \frac{1}{u} \right]_1^{1/2} = \frac{3}{16} \left[ \left( \frac{1}{2} + 2 \right) - (1 + 1) \right] = \frac{3}{32} \quad \blacksquare \blacksquare \end{aligned}$$

**EXAMPLE 7** Evaluate  $\int \frac{x}{\sqrt{3 - 2x - x^2}} dx$ .

**SOLUTION** We can transform the integrand into a function for which trigonometric substitution is appropriate by first completing the square under the root sign:

$$\begin{aligned} 3 - 2x - x^2 &= 3 - (x^2 + 2x) = 3 + 1 - (x^2 + 2x + 1) \\ &= 4 - (x + 1)^2 \end{aligned}$$

This suggests that we make the substitution  $u = x + 1$ . Then  $du = dx$  and  $x = u - 1$ , so

$$\int \frac{x}{\sqrt{3 - 2x - x^2}} dx = \int \frac{u - 1}{\sqrt{4 - u^2}} du$$

We now substitute  $u = 2 \sin \theta$ , giving  $du = 2 \cos \theta d\theta$  and  $\sqrt{4 - u^2} = 2 \cos \theta$ , so

$$\begin{aligned} \int \frac{x}{\sqrt{3 - 2x - x^2}} dx &= \int \frac{2 \sin \theta - 1}{2 \cos \theta} 2 \cos \theta d\theta \\ &= \int (2 \sin \theta - 1) d\theta \\ &= -2 \cos \theta - \theta + C \\ &= -\sqrt{4 - u^2} - \sin^{-1}\left(\frac{u}{2}\right) + C \\ &= -\sqrt{3 - 2x - x^2} - \sin^{-1}\left(\frac{x + 1}{2}\right) + C \end{aligned}$$

## Exercises

**A** [Click here for answers.](#)

**S** [Click here for solutions.](#)

**1–3** ■ Evaluate the integral using the indicated trigonometric substitution. Sketch and label the associated right triangle.

1.  $\int \frac{1}{x^2 \sqrt{x^2 - 9}} dx$ ;  $x = 3 \sec \theta$

2.  $\int x^3 \sqrt{9 - x^2} dx$ ;  $x = 3 \sin \theta$

3.  $\int \frac{x^3}{\sqrt{x^2 + 9}} dx$ ;  $x = 3 \tan \theta$

**4–30** ■ Evaluate the integral.

4.  $\int_0^{2\sqrt{3}} \frac{x^3}{\sqrt{16 - x^2}} dx$

5.  $\int_{\sqrt{2}}^2 \frac{1}{t^3 \sqrt{t^2 - 1}} dt$

7.  $\int \frac{1}{x^2 \sqrt{25 - x^2}} dx$

9.  $\int \frac{dx}{\sqrt{x^2 + 16}}$

11.  $\int \sqrt{1 - 4x^2} dx$

13.  $\int \frac{\sqrt{x^2 - 9}}{x^3} dx$

15.  $\int \frac{x^2}{(a^2 - x^2)^{3/2}} dx$

17.  $\int \frac{x}{\sqrt{x^2 - 7}} dx$

6.  $\int_0^2 x^3 \sqrt{x^2 + 4} dx$

8.  $\int \frac{\sqrt{x^2 - a^2}}{x^4} dx$

10.  $\int \frac{t^5}{\sqrt{t^2 + 2}} dt$

12.  $\int_0^1 x \sqrt{x^2 + 4} dx$

14.  $\int \frac{du}{u \sqrt{5 - u^2}}$

16.  $\int \frac{dx}{x^2 \sqrt{16x^2 - 9}}$

18.  $\int \frac{dx}{[(ax)^2 - b^2]^{3/2}}$

19.  $\int \frac{\sqrt{1 + x^2}}{x} dx$

21.  $\int_0^{2/3} x^3 \sqrt{4 - 9x^2} dx$

23.  $\int \sqrt{5 + 4x - x^2} dx$

25.  $\int \frac{1}{\sqrt{9x^2 + 6x - 8}} dx$

27.  $\int \frac{dx}{(x^2 + 2x + 2)^2}$

29.  $\int x \sqrt{1 - x^4} dx$

20.  $\int \frac{t}{\sqrt{25 - t^2}} dt$

22.  $\int_0^1 \sqrt{x^2 + 1} dx$

24.  $\int \frac{dt}{\sqrt{t^2 - 6t + 13}}$

26.  $\int \frac{x^2}{\sqrt{4x - x^2}} dx$

28.  $\int \frac{dx}{(5 - 4x - x^2)^{5/2}}$

30.  $\int_0^{\pi/2} \frac{\cos t}{\sqrt{1 + \sin^2 t}} dt$

**31.** (a) Use trigonometric substitution to show that

$$\int \frac{dx}{\sqrt{x^2 + a^2}} = \ln(x + \sqrt{x^2 + a^2}) + C$$

(b) Use the hyperbolic substitution  $x = a \sinh t$  to show that

$$\int \frac{dx}{\sqrt{x^2 + a^2}} = \sinh^{-1}\left(\frac{x}{a}\right) + C$$

These formulas are connected by Formula 3.9.3.

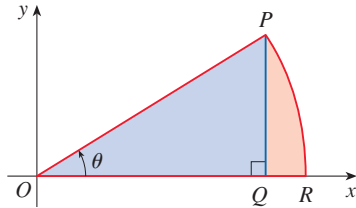
**32.** Evaluate

$$\int \frac{x^2}{(x^2 + a^2)^{3/2}} dx$$

(a) by trigonometric substitution.

(b) by the hyperbolic substitution  $x = a \sinh t$ .

33. Find the average value of  $f(x) = \sqrt{x^2 - 1}/x$ ,  $1 \leq x \leq 7$ .
34. Find the area of the region bounded by the hyperbola  $9x^2 - 4y^2 = 36$  and the line  $x = 3$ .
35. Prove the formula  $A = \frac{1}{2}r^2\theta$  for the area of a sector of a circle with radius  $r$  and central angle  $\theta$ . [Hint: Assume  $0 < \theta < \pi/2$  and place the center of the circle at the origin so it has the equation  $x^2 + y^2 = r^2$ . Then  $A$  is the sum of the area of the triangle  $POQ$  and the area of the region  $PQR$  in the figure.]



36. Evaluate the integral

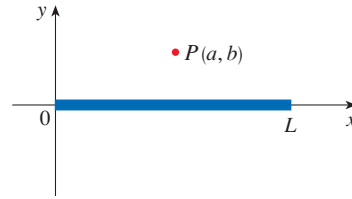
$$\int \frac{dx}{x^4 \sqrt{x^2 - 2}}$$

Graph the integrand and its indefinite integral on the same screen and check that your answer is reasonable.

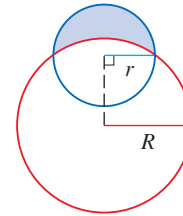
37. Use a graph to approximate the roots of the equation  $x^2\sqrt{4 - x^2} = 2 - x$ . Then approximate the area bounded by the curve  $y = x^2\sqrt{4 - x^2}$  and the line  $y = 2 - x$ .
38. A charged rod of length  $L$  produces an electric field at point  $P(a, b)$  given by

$$E(P) = \int_{-a}^{L-a} \frac{\lambda b}{4\pi\epsilon_0(x^2 + b^2)^{3/2}} dx$$

where  $\lambda$  is the charge density per unit length on the rod and  $\epsilon_0$  is the free space permittivity (see the figure). Evaluate the integral to determine an expression for the electric field  $E(P)$ .



39. Find the area of the crescent-shaped region (called a *lune*) bounded by arcs of circles with radii  $r$  and  $R$ . (See the figure.)



40. A water storage tank has the shape of a cylinder with diameter 10 ft. It is mounted so that the circular cross-sections are vertical. If the depth of the water is 7 ft, what percentage of the total capacity is being used?
41. A torus is generated by rotating the circle  $x^2 + (y - R)^2 = r^2$  about the  $x$ -axis. Find the volume enclosed by the torus.

**Answers**

**S** [Click here for solutions.](#)

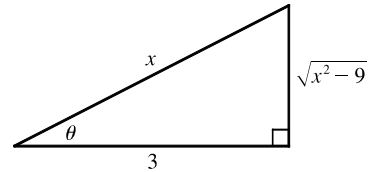
- |   |  |   |                              |
|---|--|---|------------------------------|
| <b>1.</b> $\sqrt{x^2 - 9}/(9x) + C$                                 | <b>3.</b> $\frac{1}{3}(x^2 - 18)\sqrt{x^2 + 9} + C$                      | <b>19.</b> $\ln (\sqrt{1 + x^2} - 1)/x  + \sqrt{1 + x^2} + C$                             | <b>21.</b> $\frac{64}{1215}$ |
| <b>5.</b> $\pi/24 + \sqrt{3}/8 - \frac{1}{4}$                       | <b>7.</b> $-\sqrt{25 - x^2}/(25x) + C$                                   | <b>23.</b> $\frac{9}{2} \sin^{-1}((x - 2)/3) + \frac{1}{2}(x - 2)\sqrt{5 + 4x - x^2} + C$ |                              |
| <b>9.</b> $\ln(\sqrt{x^2 + 16} + x) + C$                            | <b>11.</b> $\frac{1}{4} \sin^{-1}(2x) + \frac{1}{2}x\sqrt{1 - 4x^2} + C$ | <b>25.</b> $\frac{1}{3} \ln 3x + 1 + \sqrt{9x^2 + 6x - 8}  + C$                           |                              |
| <b>13.</b> $\frac{1}{6} \sec^{-1}(x/3) - \sqrt{x^2 - 9}/(2x^2) + C$ |  | <b>27.</b> $\frac{1}{2}[\tan^{-1}(x + 1) + (x + 1)/(x^2 + 2x + 2)] + C$                   |                              |
| <b>15.</b> $(x/\sqrt{a^2 - x^2}) - \sin^{-1}(x/a) + C$              | <b>17.</b> $\sqrt{x^2 - 7} + C$  | <b>29.</b> $\frac{1}{4} \sin^{-1}x^2 + \frac{1}{4}x^2\sqrt{1 - x^4} + C$                  |                              |
|   |  | <b>33.</b> $\frac{1}{6}(\sqrt{48} - \sec^{-1} 7)$   | <b>37.</b> 0.81, 2; 2.10     |
|   |  | <b>39.</b> $r\sqrt{R^2 - r^2} + \pi r^2/2 - R^2 \arcsin(r/R)$                             | <b>41.</b> $2\pi^2 R r^2$    |

## Solutions: Trigonometric Substitution

1. Let  $x = 3 \sec \theta$ , where  $0 \leq \theta < \frac{\pi}{2}$  or  $\pi \leq \theta < \frac{3\pi}{2}$ . Then

$$dx = 3 \sec \theta \tan \theta d\theta \text{ and}$$

$$\begin{aligned} \sqrt{x^2 - 9} &= \sqrt{9 \sec^2 \theta - 9} = \sqrt{9(\sec^2 \theta - 1)} = \sqrt{9 \tan^2 \theta} \\ &= 3 |\tan \theta| = 3 \tan \theta \text{ for the relevant values of } \theta. \end{aligned}$$

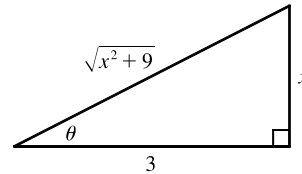


$$\int \frac{1}{x^2 \sqrt{x^2 - 9}} dx = \int \frac{1}{9 \sec^2 \theta \cdot 3 \tan \theta} 3 \sec \theta \tan \theta d\theta = \frac{1}{9} \int \cos \theta d\theta = \frac{1}{9} \sin \theta + C = \frac{1}{9} \frac{\sqrt{x^2 - 9}}{x} + C$$

Note that  $-\sec(\theta + \pi) = \sec \theta$ , so the figure is sufficient for the case  $\pi \leq \theta < \frac{3\pi}{2}$ .

3. Let  $x = 3 \tan \theta$ , where  $-\frac{\pi}{2} < \theta < \frac{\pi}{2}$ . Then  $dx = 3 \sec^2 \theta d\theta$  and

$$\begin{aligned} \sqrt{x^2 + 9} &= \sqrt{9 \tan^2 \theta + 9} = \sqrt{9(\tan^2 \theta + 1)} = \sqrt{9 \sec^2 \theta} \\ &= 3 |\sec \theta| = 3 \sec \theta \text{ for the relevant values of } \theta. \end{aligned}$$



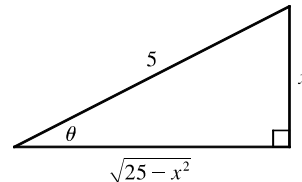
$$\begin{aligned} \int \frac{x^3}{\sqrt{x^2 + 9}} dx &= \int \frac{3^3 \tan^3 \theta}{3 \sec \theta} 3 \sec^2 \theta d\theta = 3^3 \int \tan^3 \theta \sec \theta d\theta = 3^3 \int \tan^2 \theta \tan \theta \sec \theta d\theta \\ &= 3^3 \int (\sec^2 \theta - 1) \tan \theta \sec \theta d\theta = 3^3 \int (u^2 - 1) du \quad [u = \sec \theta, du = \sec \theta \tan \theta d\theta] \\ &= 3^3 \left( \frac{1}{3} u^3 - u \right) + C = 3^3 \left( \frac{1}{3} \sec^3 \theta - \sec \theta \right) + C = 3^3 \left[ \frac{1}{3} \frac{(x^2 + 9)^{3/2}}{3^3} - \frac{\sqrt{x^2 + 9}}{3} \right] + C \\ &= \frac{1}{3} (x^2 + 9)^{3/2} - 9 \sqrt{x^2 + 9} + C \quad \text{or} \quad \frac{1}{3} (x^2 - 18) \sqrt{x^2 + 9} + C \end{aligned}$$

5. Let  $t = \sec \theta$ , so  $dt = \sec \theta \tan \theta d\theta$ ,  $t = \sqrt{2} \Rightarrow \theta = \frac{\pi}{4}$ , and  $t = 2 \Rightarrow \theta = \frac{\pi}{3}$ . Then

$$\begin{aligned} \int_{\sqrt{2}}^2 \frac{1}{t^3 \sqrt{t^2 - 1}} dt &= \int_{\pi/4}^{\pi/3} \frac{1}{\sec^3 \theta \tan \theta} \sec \theta \tan \theta d\theta = \int_{\pi/4}^{\pi/3} \frac{1}{\sec^2 \theta} d\theta = \int_{\pi/4}^{\pi/3} \cos^2 \theta d\theta \\ &= \int_{\pi/4}^{\pi/3} \frac{1}{2} (1 + \cos 2\theta) d\theta = \frac{1}{2} \left[ \theta + \frac{1}{2} \sin 2\theta \right]_{\pi/4}^{\pi/3} \\ &= \frac{1}{2} \left[ \left( \frac{\pi}{3} + \frac{1}{2} \frac{\sqrt{3}}{2} \right) - \left( \frac{\pi}{4} + \frac{1}{2} \cdot 1 \right) \right] = \frac{1}{2} \left( \frac{\pi}{12} + \frac{\sqrt{3}}{4} - \frac{1}{2} \right) = \frac{\pi}{24} + \frac{\sqrt{3}}{8} - \frac{1}{4} \end{aligned}$$

7. Let  $x = 5 \sin \theta$ , so  $dx = 5 \cos \theta d\theta$ . Then

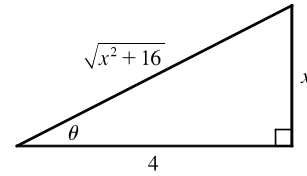
$$\begin{aligned} \int \frac{1}{x^2 \sqrt{25 - x^2}} dx &= \int \frac{1}{5^2 \sin^2 \theta \cdot 5 \cos \theta} 5 \cos \theta d\theta \\ &= \frac{1}{25} \int \csc^2 \theta d\theta = -\frac{1}{25} \cot \theta + C \\ &= -\frac{1}{25} \frac{\sqrt{25 - x^2}}{x} + C \end{aligned}$$





9. Let  $x = 4 \tan \theta$ , where  $-\frac{\pi}{2} < \theta < \frac{\pi}{2}$ . Then  $dx = 4 \sec^2 \theta d\theta$  and

$$\begin{aligned}\sqrt{x^2 + 16} &= \sqrt{16 \tan^2 \theta + 16} = \sqrt{16(\tan^2 \theta + 1)} \\ &= \sqrt{16 \sec^2 \theta} = 4 |\sec \theta| \\ &= 4 \sec \theta \text{ for the relevant values of } \theta.\end{aligned}$$



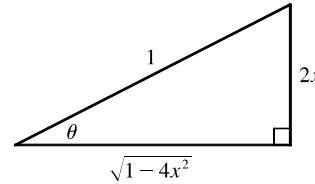
$$\begin{aligned}\int \frac{dx}{\sqrt{x^2 + 16}} &= \int \frac{4 \sec^2 \theta d\theta}{4 \sec \theta} = \int \sec \theta d\theta = \ln |\sec \theta + \tan \theta| + C_1 \\ &= \ln \left| \frac{\sqrt{x^2 + 16}}{4} + \frac{x}{4} \right| + C_1 = \ln |\sqrt{x^2 + 16} + x| - \ln |4| + C_1 \\ &= \ln(\sqrt{x^2 + 16} + x) + C, \text{ where } C = C_1 - \ln 4.\end{aligned}$$

(Since  $\sqrt{x^2 + 16} + x > 0$ , we don't need the absolute value.)

11. Let  $2x = \sin \theta$ , where  $-\frac{\pi}{2} \leq \theta \leq \frac{\pi}{2}$ . Then  $x = \frac{1}{2} \sin \theta$ ,

$$dx = \frac{1}{2} \cos \theta d\theta, \text{ and } \sqrt{1 - 4x^2} = \sqrt{1 - (\sin \theta)^2} = \cos \theta.$$

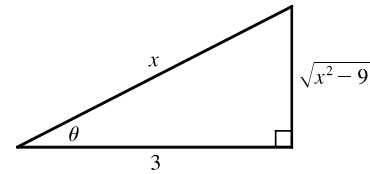
$$\begin{aligned}\int \sqrt{1 - 4x^2} dx &= \int \cos \theta \left( \frac{1}{2} \cos \theta \right) d\theta = \frac{1}{4} \int (1 + \cos 2\theta) d\theta \\ &= \frac{1}{4} \left( \theta + \frac{1}{2} \sin 2\theta \right) + C = \frac{1}{4} (\theta + \sin \theta \cos \theta) + C \\ &= \frac{1}{4} \left[ \sin^{-1}(2x) + 2x \sqrt{1 - 4x^2} \right] + C\end{aligned}$$



13. Let  $x = 3 \sec \theta$ , where  $0 \leq \theta < \frac{\pi}{2}$  or  $\pi \leq \theta < \frac{3\pi}{2}$ . Then

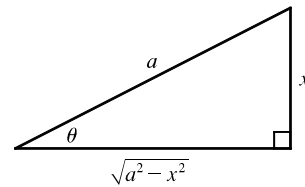
$$dx = 3 \sec \theta \tan \theta d\theta \text{ and } \sqrt{x^2 - 9} = 3 \tan \theta, \text{ so}$$

$$\begin{aligned}\int \frac{\sqrt{x^2 - 9}}{x^3} dx &= \int \frac{3 \tan \theta}{27 \sec^3 \theta} 3 \sec \theta \tan \theta d\theta = \frac{1}{3} \int \frac{\tan^2 \theta}{\sec^2 \theta} d\theta \\ &= \frac{1}{3} \int \sin^2 \theta d\theta = \frac{1}{3} \int \frac{1}{2} (1 - \cos 2\theta) d\theta = \frac{1}{6} \theta - \frac{1}{12} \sin 2\theta + C = \frac{1}{6} \theta - \frac{1}{6} \sin \theta \cos \theta + C \\ &= \frac{1}{6} \sec^{-1} \left( \frac{x}{3} \right) - \frac{1}{6} \frac{\sqrt{x^2 - 9}}{x} \frac{3}{x} + C = \frac{1}{6} \sec^{-1} \left( \frac{x}{3} \right) - \frac{\sqrt{x^2 - 9}}{2x^2} + C\end{aligned}$$



15. Let  $x = a \sin \theta$ , where  $-\frac{\pi}{2} \leq \theta \leq \frac{\pi}{2}$ . Then  $dx = a \cos \theta d\theta$  and

$$\begin{aligned}\int \frac{x^2 dx}{(a^2 - x^2)^{3/2}} &= \int \frac{a^2 \sin^2 \theta a \cos \theta d\theta}{a^3 \cos^3 \theta} = \int \tan^2 \theta d\theta \\ &= \int (\sec^2 \theta - 1) d\theta = \tan \theta - \theta + C \\ &= \frac{x}{\sqrt{a^2 - x^2}} - \sin^{-1} \frac{x}{a} + C\end{aligned}$$

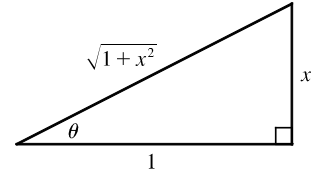


17. Let  $u = x^2 - 7$ , so  $du = 2x dx$ . Then  $\int \frac{x}{\sqrt{x^2 - 7}} dx = \frac{1}{2} \int \frac{1}{\sqrt{u}} du = \frac{1}{2} \cdot 2 \sqrt{u} + C = \sqrt{x^2 - 7} + C.$

19. Let  $x = \tan \theta$ , where  $-\frac{\pi}{2} < \theta < \frac{\pi}{2}$ . Then  $dx = \sec^2 \theta d\theta$

and  $\sqrt{1+x^2} = \sec \theta$ , so

$$\begin{aligned} \int \frac{\sqrt{1+x^2}}{x} dx &= \int \frac{\sec \theta}{\tan \theta} \sec^2 \theta d\theta = \int \frac{\sec \theta}{\tan \theta} (1 + \tan^2 \theta) d\theta \\ &= \int (\csc \theta + \sec \theta \tan \theta) d\theta \\ &= \ln |\csc \theta - \cot \theta| + \sec \theta + C \quad [\text{by Exercise 39 in } \textit{Additional Topics: Trigonometric Integrals}] \\ &= \ln \left| \frac{\sqrt{1+x^2}}{x} - \frac{1}{x} \right| + \frac{\sqrt{1+x^2}}{1} + C = \ln \left| \frac{\sqrt{1+x^2}-1}{x} \right| + \sqrt{1+x^2} + C \end{aligned}$$



21. Let  $u = 4 - 9x^2 \Rightarrow du = -18x dx$ . Then  $x^2 = \frac{1}{9}(4 - u)$  and

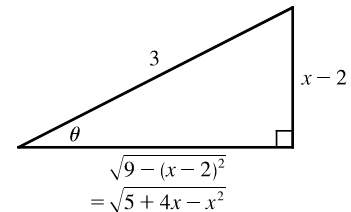
$$\begin{aligned} \int_0^{2/3} x^3 \sqrt{4-9x^2} dx &= \int_4^0 \frac{1}{9}(4-u)u^{1/2} \left(-\frac{1}{18}\right) du = \frac{1}{162} \int_0^4 (4u^{1/2} - u^{3/2}) du \\ &= \frac{1}{162} \left[ \frac{8}{3}u^{3/2} - \frac{2}{5}u^{5/2} \right]_0^4 = \frac{1}{162} \left[ \frac{64}{3} - \frac{64}{5} \right] = \frac{64}{1215} \end{aligned}$$

Or: Let  $3x = 2 \sin \theta$ , where  $-\frac{\pi}{2} \leq \theta \leq \frac{\pi}{2}$ .

23.  $5 + 4x - x^2 = -(x^2 - 4x + 4) + 9 = -(x-2)^2 + 9$ . Let

$x-2 = 3 \sin \theta$ ,  $-\frac{\pi}{2} \leq \theta \leq \frac{\pi}{2}$ , so  $dx = 3 \cos \theta d\theta$ . Then

$$\begin{aligned} \int \sqrt{5+4x-x^2} dx &= \int \sqrt{9-(x-2)^2} dx = \int \sqrt{9-9\sin^2 \theta} 3 \cos \theta d\theta \\ &= \int \sqrt{9\cos^2 \theta} 3 \cos \theta d\theta = \int 9 \cos^2 \theta d\theta \\ &= \frac{9}{2} \int (1 + \cos 2\theta) d\theta = \frac{9}{2} \left( \theta + \frac{1}{2} \sin 2\theta \right) + C \\ &= \frac{9}{2} \theta + \frac{9}{4} \sin 2\theta + C = \frac{9}{2} \theta + \frac{9}{4} (2 \sin \theta \cos \theta) + C \\ &= \frac{9}{2} \sin^{-1} \left( \frac{x-2}{3} \right) + \frac{9}{2} \cdot \frac{x-2}{3} \cdot \frac{\sqrt{5+4x-x^2}}{3} + C \\ &= \frac{9}{2} \sin^{-1} \left( \frac{x-2}{3} \right) + \frac{1}{2} (x-2) \sqrt{5+4x-x^2} + C \end{aligned}$$



25.  $9x^2 + 6x - 8 = (3x+1)^2 - 9$ , so let  $u = 3x+1$ ,  $du = 3dx$ . Then  $\int \frac{dx}{\sqrt{9x^2+6x-8}} = \int \frac{\frac{1}{3} du}{\sqrt{u^2-9}}$ . Now let  $u = 3 \sec \theta$ , where  $0 \leq \theta < \frac{\pi}{2}$  or  $\pi \leq \theta < \frac{3\pi}{2}$ . Then  $du = 3 \sec \theta \tan \theta d\theta$  and  $\sqrt{u^2-9} = 3 \tan \theta$ , so

$$\begin{aligned} \int \frac{\frac{1}{3} du}{\sqrt{u^2-9}} &= \int \frac{\sec \theta \tan \theta d\theta}{3 \tan \theta} = \frac{1}{3} \int \sec \theta d\theta = \frac{1}{3} \ln |\sec \theta + \tan \theta| + C_1 = \frac{1}{3} \ln \left| \frac{u + \sqrt{u^2-9}}{3} \right| + C_1 \\ &= \frac{1}{3} \ln |u + \sqrt{u^2-9}| + C = \frac{1}{3} \ln |3x+1 + \sqrt{9x^2+6x-8}| + C \end{aligned}$$

27.  $x^2 + 2x + 2 = (x+1)^2 + 1$ . Let  $u = x+1$ ,  $du = dx$ . Then

$$\begin{aligned} \int \frac{dx}{(x^2+2x+2)^2} &= \int \frac{du}{(u^2+1)^2} = \int \frac{\sec^2 \theta d\theta}{\sec^4 \theta} \quad \left[ \begin{array}{l} \text{where } u = \tan \theta, du = \sec^2 \theta d\theta, \\ \text{and } u^2 + 1 = \sec^2 \theta \end{array} \right] \\ &= \int \cos^2 \theta d\theta = \frac{1}{2} \int (1 + \cos 2\theta) d\theta = \frac{1}{2} (\theta + \sin \theta \cos \theta) + C \\ &= \frac{1}{2} \left[ \tan^{-1} u + \frac{u}{1+u^2} \right] + C = \frac{1}{2} \left[ \tan^{-1}(x+1) + \frac{x+1}{x^2+2x+2} \right] + C \end{aligned}$$

29. Let  $u = x^2$ ,  $du = 2x dx$ . Then

$$\begin{aligned} \int x \sqrt{1-x^4} dx &= \int \sqrt{1-u^2} \left(\frac{1}{2} du\right) = \frac{1}{2} \int \cos \theta \cdot \cos \theta d\theta \quad \left[ \begin{array}{l} \text{where } u = \sin \theta, du = \cos \theta d\theta, \\ \text{and } \sqrt{1-u^2} = \cos \theta \end{array} \right] \\ &= \frac{1}{2} \int \frac{1}{2}(1 + \cos 2\theta) d\theta = \frac{1}{4}\theta + \frac{1}{8} \sin 2\theta + C = \frac{1}{4}\theta + \frac{1}{4} \sin \theta \cos \theta + C \\ &= \frac{1}{4} \sin^{-1} u + \frac{1}{4} u \sqrt{1-u^2} + C = \frac{1}{4} \sin^{-1}(x^2) + \frac{1}{4} x^2 \sqrt{1-x^4} + C \end{aligned}$$

31. (a) Let  $x = a \tan \theta$ , where  $-\frac{\pi}{2} < \theta < \frac{\pi}{2}$ . Then  $\sqrt{x^2 + a^2} = a \sec \theta$  and

$$\begin{aligned} \int \frac{dx}{\sqrt{x^2 + a^2}} &= \int \frac{a \sec^2 \theta d\theta}{a \sec \theta} = \int \sec \theta d\theta = \ln |\sec \theta + \tan \theta| + C_1 = \ln \left| \frac{\sqrt{x^2 + a^2}}{a} + \frac{x}{a} \right| + C_1 \\ &= \ln \left( x + \sqrt{x^2 + a^2} \right) + C \quad \text{where } C = C_1 - \ln |a| \end{aligned}$$

(b) Let  $x = a \sinh t$ , so that  $dx = a \cosh t dt$  and  $\sqrt{x^2 + a^2} = a \cosh t$ . Then

$$\int \frac{dx}{\sqrt{x^2 + a^2}} = \int \frac{a \cosh t dt}{a \cosh t} = t + C = \sinh^{-1} \frac{x}{a} + C.$$

33. The average value of  $f(x) = \sqrt{x^2 - 1}/x$  on the interval  $[1, 7]$  is

$$\begin{aligned} \frac{1}{7-1} \int_1^7 \frac{\sqrt{x^2-1}}{x} dx &= \frac{1}{6} \int_0^\alpha \frac{\tan \theta}{\sec \theta} \cdot \sec \theta \tan \theta d\theta \quad \left[ \begin{array}{l} \text{where } x = \sec \theta, dx = \sec \theta \tan \theta d\theta, \\ \sqrt{x^2-1} = \tan \theta, \text{ and } \alpha = \sec^{-1} 7 \end{array} \right] \\ &= \frac{1}{6} \int_0^\alpha \tan^2 \theta d\theta = \frac{1}{6} \int_0^\alpha (\sec^2 \theta - 1) d\theta \\ &= \frac{1}{6} \left[ \tan \theta - \theta \right]_0^\alpha = \frac{1}{6} (\tan \alpha - \alpha) \\ &= \frac{1}{6} (\sqrt{48} - \sec^{-1} 7) \end{aligned}$$

35. Area of  $\triangle POQ = \frac{1}{2}(r \cos \theta)(r \sin \theta) = \frac{1}{2}r^2 \sin \theta \cos \theta$ . Area of region  $PQR = \int_{r \cos \theta}^r \sqrt{r^2 - x^2} dx$ .

Let  $x = r \cos u \Rightarrow dx = -r \sin u du$  for  $\theta \leq u \leq \frac{\pi}{2}$ . Then we obtain

$$\begin{aligned} \int \sqrt{r^2 - x^2} dx &= \int r \sin u (-r \sin u) du = -r^2 \int \sin^2 u du = -\frac{1}{2}r^2(u - \sin u \cos u) + C \\ &= -\frac{1}{2}r^2 \cos^{-1}(x/r) + \frac{1}{2}x \sqrt{r^2 - x^2} + C \end{aligned}$$

so

$$\begin{aligned} \text{area of region } PQR &= \frac{1}{2} \left[ -r^2 \cos^{-1}(x/r) + x \sqrt{r^2 - x^2} \right]_{r \cos \theta}^r \\ &= \frac{1}{2} [0 - (-r^2 \theta + r \cos \theta r \sin \theta)] \\ &= \frac{1}{2} r^2 \theta - \frac{1}{2} r^2 \sin \theta \cos \theta \end{aligned}$$

and thus, (area of sector  $POR$ ) = (area of  $\triangle POQ$ ) + (area of region  $PQR$ ) =  $\frac{1}{2}r^2\theta$ .

37. From the graph, it appears that the curve  $y = x^2\sqrt{4-x^2}$  and the line  $y = 2 - x$  intersect at about  $x = 0.81$  and  $x = 2$ , with  $x^2\sqrt{4-x^2} > 2 - x$  on  $(0.81, 2)$ . So the area bounded by the curve and the line is  $A \approx$

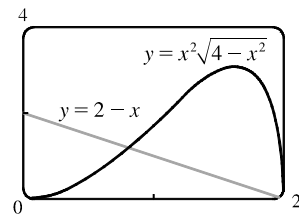
$$\int_{0.81}^2 [x^2\sqrt{4-x^2} - (2-x)] dx = \int_{0.81}^2 x^2\sqrt{4-x^2} dx - [2x - \frac{1}{2}x^2]_{0.81}^2.$$

To evaluate the integral, we put  $x = 2 \sin \theta$ , where  $-\frac{\pi}{2} \leq \theta \leq \frac{\pi}{2}$ . Then

$$dx = 2 \cos \theta d\theta, x = 2 \Rightarrow \theta = \sin^{-1} 1 = \frac{\pi}{2}, \text{ and } x = 0.81 \Rightarrow \theta = \sin^{-1} 0.405 \approx 0.417. \text{ So}$$

$$\begin{aligned} \int_{0.81}^2 x^2\sqrt{4-x^2} dx &\approx \int_{0.417}^{\pi/2} 4 \sin^2 \theta (2 \cos \theta) (2 \cos \theta d\theta) = 4 \int_{0.417}^{\pi/2} \sin^2 2\theta d\theta = 4 \int_{0.417}^{\pi/2} \frac{1}{2} (1 - \cos 4\theta) d\theta \\ &= 2 \left[ \theta - \frac{1}{4} \sin 4\theta \right]_{0.417}^{\pi/2} = 2 \left[ \left( \frac{\pi}{2} - 0 \right) - \left( 0.417 - \frac{1}{4} (0.995) \right) \right] \approx 2.81 \end{aligned}$$

$$\text{Thus, } A \approx 2.81 - \left[ (2 \cdot 2 - \frac{1}{2} \cdot 2^2) - (2 \cdot 0.81 - \frac{1}{2} \cdot 0.81^2) \right] \approx 2.10.$$



39. Let the equation of the large circle be  $x^2 + y^2 = R^2$ . Then the equation of the small circle is  $x^2 + (y - b)^2 = r^2$ , where  $b = \sqrt{R^2 - r^2}$  is the distance between the centers of the circles. The desired area is

$$\begin{aligned} A &= \int_{-r}^r [(b + \sqrt{r^2 - x^2}) - \sqrt{R^2 - x^2}] dx = 2 \int_0^r (b + \sqrt{r^2 - x^2} - \sqrt{R^2 - x^2}) dx \\ &= 2 \int_0^r b dx + 2 \int_0^r \sqrt{r^2 - x^2} dx - 2 \int_0^r \sqrt{R^2 - x^2} dx \end{aligned}$$

The first integral is just  $2br = 2r\sqrt{R^2 - r^2}$ . To evaluate the other two integrals, note that

$$\begin{aligned} \int \sqrt{a^2 - x^2} dx &= \int a^2 \cos^2 \theta d\theta \quad [x = a \sin \theta, dx = a \cos \theta d\theta] = \frac{1}{2} a^2 \int (1 + \cos 2\theta) d\theta \\ &= \frac{1}{2} a^2 (\theta + \frac{1}{2} \sin 2\theta) + C = \frac{1}{2} a^2 (\theta + \sin \theta \cos \theta) + C \\ &= \frac{a^2}{2} \arcsin\left(\frac{x}{a}\right) + \frac{a^2}{2} \left(\frac{x}{a}\right) \frac{\sqrt{a^2 - x^2}}{a} + C = \frac{a^2}{2} \arcsin\left(\frac{x}{a}\right) + \frac{x}{2} \sqrt{a^2 - x^2} + C \end{aligned}$$

so the desired area is

$$\begin{aligned} A &= 2r \sqrt{R^2 - r^2} + \left[ r^2 \arcsin(x/r) + x \sqrt{r^2 - x^2} \right]_0^r - \left[ R^2 \arcsin(x/R) + x \sqrt{R^2 - x^2} \right]_0^r \\ &= 2r \sqrt{R^2 - r^2} + r^2 \left( \frac{\pi}{2} \right) - \left[ R^2 \arcsin(r/R) + r \sqrt{R^2 - r^2} \right] = r \sqrt{R^2 - r^2} + \frac{\pi}{2} r^2 - R^2 \arcsin(r/R) \end{aligned}$$

41. We use cylindrical shells and assume that  $R > r$ .  $x^2 = r^2 - (y - R)^2 \Rightarrow x = \pm \sqrt{r^2 - (y - R)^2}$ , so  $g(y) = 2 \sqrt{r^2 - (y - R)^2}$  and

$$\begin{aligned} V &= \int_{R-r}^{R+r} 2\pi y \cdot 2 \sqrt{r^2 - (y - R)^2} dy = \int_{-r}^r 4\pi(u + R) \sqrt{r^2 - u^2} du \quad [\text{where } u = y - R] \\ &= 4\pi \int_{-r}^r u \sqrt{r^2 - u^2} du + 4\pi R \int_{-r}^r \sqrt{r^2 - u^2} du \quad \left[ \begin{array}{l} \text{where } u = r \sin \theta, du = r \cos \theta d\theta \\ \text{in the second integral} \end{array} \right] \\ &= 4\pi \left[ -\frac{1}{3} (r^2 - u^2)^{3/2} \right]_{-r}^r + 4\pi R \int_{-\pi/2}^{\pi/2} r^2 \cos^2 \theta d\theta = -\frac{4\pi}{3} (0 - 0) + 4\pi R r^2 \int_{-\pi/2}^{\pi/2} \cos^2 \theta d\theta \\ &= 2\pi R r^2 \int_{-\pi/2}^{\pi/2} (1 + \cos 2\theta) d\theta = 2\pi R r^2 \left[ \theta + \frac{1}{2} \sin 2\theta \right]_{-\pi/2}^{\pi/2} = 2\pi^2 R r^2 \end{aligned}$$

Another method: Use washers instead of shells, so  $V = 8\pi R \int_0^r \sqrt{r^2 - y^2} dy$  as in Exercise 6.2.39(a), but evaluate the integral using  $y = r \sin \theta$ .