

4.2.57. Use the properties of integrals to verify the inequality without evaluating the integrals:

$$2 \leq \int_{-1}^1 \sqrt{1+x^2} dx \leq 2\sqrt{2}$$

Solution. On the interval $[-1, 1]$, the function $y = \sqrt{1+x^2}$ is lowest at $x = 0$ and highest at $x = \pm 1$. Its value at $x = 0$ is 1, and its value at $x = \pm 1$ is $\sqrt{2}$. Therefore,

$$\int_{-1}^1 \sqrt{1+x^2} dx \geq \int_{-1}^1 1 dx = 2,$$

and

$$\int_{-1}^1 \sqrt{1+x^2} dx \leq \int_{-1}^1 \sqrt{2} dx = 2\sqrt{2}.$$

4.5.2. Evaluate $\int x^3(2+x^4)^5 dx$ by substituting $u = 2+x^4$.

Solution. If $u = 2+x^4$, then $du = 4x^3 dx$, so

$$\begin{aligned} \int x^3(2+x^4)^5 dx &= \frac{1}{4} \int (2+x^4)^5 4x^3 dx \\ &= \frac{1}{4} \int u^5 du \\ &= \frac{1}{4} \cdot \frac{1}{6} u^6 + C \\ &= \frac{1}{24} (2+x^4)^6 + C. \end{aligned}$$

4.5.3. Evaluate $\int x^2 \sqrt{x^3+1} dx$ by substituting $u = x^3+1$.

Solution. If $u = x^3+1$, then $du = 3x^2 dx$, so

$$\begin{aligned} \int x^2 \sqrt{x^3+1} dx &= \frac{1}{3} \int \sqrt{x^3+1} \cdot 3x^2 dx \\ &= \frac{1}{3} \int \sqrt{u} du \\ &= \frac{1}{3} \int u^{1/2} du \\ &= \frac{1}{3} \cdot \frac{2}{3} u^{3/2} + C \\ &= \frac{2}{9} (x^3+1)^{3/2} + C. \end{aligned}$$

4.5.7. Evaluate $\int x \sin(x^2) dx$.

Solution. Set $u = x^2$, so $du = 2x dx$. Then

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

4.5.14. Evaluate $\int u\sqrt{1-u^2} du$.

Solution. Since “ u ” is already used as a variable, do v substitution: set $v = 1 - u^2$, so $dv = -2u du$. Then

$$\begin{aligned}\int u\sqrt{1-u^2} du &= -\frac{1}{2} \int \sqrt{1-u^2} \cdot (-2u) du \\ &= -\frac{1}{2} \int \sqrt{v} dv \\ &= -\frac{1}{2} \int v^{1/2} dv \\ &= -\frac{1}{2} \cdot \frac{2}{3} v^{3/2} + C \\ &= -\frac{1}{3} (1-u^2)^{3/2} + C.\end{aligned}$$

4.5.21. Evaluate $\int \frac{\cos(x)}{\sin^2(x)} dx$.

Solution A. Set $u = \sin(x)$, so $du = \cos(x) dx$. Then

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

Solution B. $\int \frac{\cos(x)}{\sin^2(x)} dx = \int \frac{1}{\sin(x)} \cdot \frac{\cos(x)}{\sin(x)} dx = \int \csc(x) \cot(x) dx$. Recall that the derivative of $\csc(x)$ is $-\csc(x) \cot(x)$, so $\int \csc(x) \cot(x) dx = -\csc(x) + C$.