



第十章

重积分习题选解



习题10-2

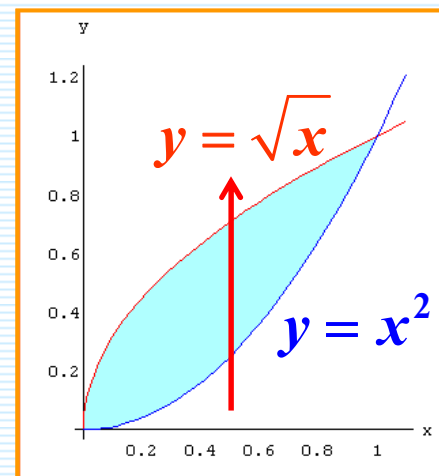
2. 画出积分区域, 并计算下列二重积分:

(1) $\iint_D x\sqrt{y}d\sigma$, 其中 D 是由两条抛物线

$y = \sqrt{x}$, $y = x^2$ 所围成的闭区域;

解 积分区域如图, 并且

$$D = \{(x, y) \mid 0 \leq x \leq 1, x^2 \leq y \leq \sqrt{x}\}.$$



$$\begin{aligned} \iint_D x\sqrt{y}d\sigma &= \int_0^1 dx \int_{x^2}^{\sqrt{x}} x\sqrt{y}dy = \int_0^1 x \left[\frac{2}{3} y^{\frac{3}{2}} \right]_{x^2}^{\sqrt{x}} dx \\ &= \int_0^1 \left(\frac{2}{3} x^{\frac{7}{4}} - \frac{2}{3} x^4 \right) dx = \frac{6}{55} \end{aligned}$$

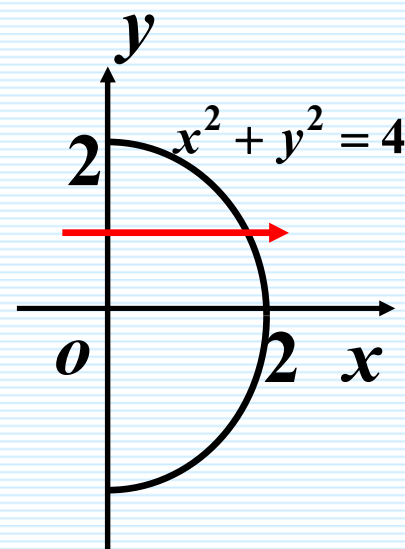


(2) $\iint_D xy^2 d\sigma$, 其中 D 是由圆周 $x^2 + y^2 = 4$

及 y 轴所围成的右半闭区域;

解 积分区域图如, 并且

$$D = \{(x, y) \mid -2 \leq y \leq 2, 0 \leq x \leq \sqrt{4 - y^2}\}.$$



$$\iint_D xy^2 d\sigma = \int_{-2}^2 dy \int_0^{\sqrt{4-y^2}} xy^2 dx = \int_{-2}^2 \left[\frac{1}{2} x^2 y^2 \right]_0^{\sqrt{4-y^2}} dy$$

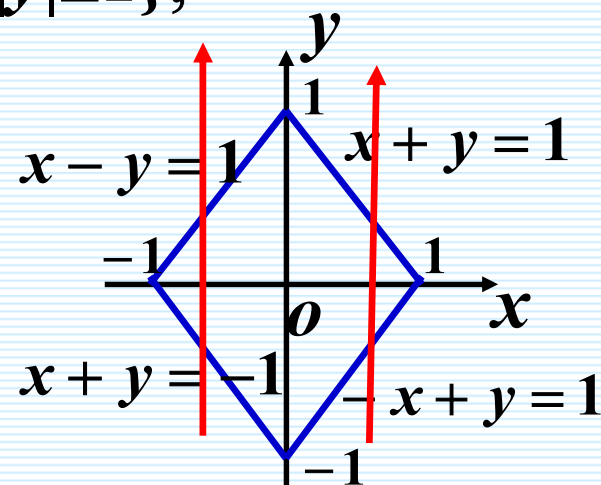
$$= \int_{-2}^2 \left(2y^2 - \frac{1}{2} y^4 \right) dy = \left[\frac{2}{3} y^3 - \frac{1}{10} y^5 \right]_{-2}^2 = \frac{64}{15}$$



$$(3) \iint_D e^{x+y} d\sigma, \text{ 其中 } D = \{(x, y) \mid |x| + |y| \leq 1\};$$

解 积分区域如图, 并且

$$D = \{(x, y) \mid -1 \leq x \leq 0, -x-1 \leq y \leq x+1\} \\ \cup \{(x, y) \mid 0 \leq x \leq 1, x-1 \leq y \leq -x+1\}.$$



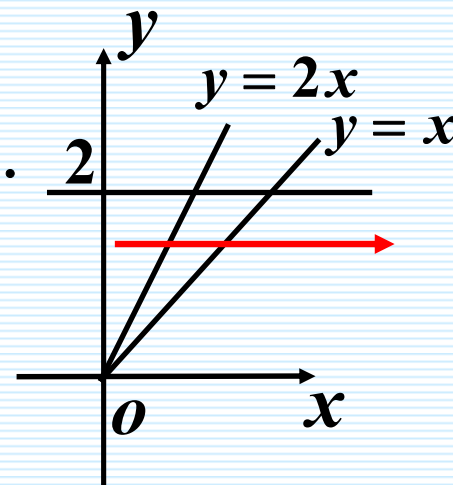
$$\begin{aligned} \iint_D e^{x+y} d\sigma &= \int_{-1}^0 e^x dx \int_{-x-1}^{x+1} e^y dy + \int_0^1 e^x dx \int_{x-1}^{-x+1} e^y dy \\ &= \int_{-1}^0 (e^{2x+1} - e^{-1}) dx + \int_0^1 (e - e^{2x-1}) dx \\ &= e - e^{-1} \end{aligned}$$



(4) $\iint_D (x^2 + y^2 - x) d\sigma$, 其中 D 是由直线 $y=2$, $y=x$ 及 $y=2x$ 轴所围成的闭区域.

解 积分区域图如, 并且

$$D = \{(x, y) \mid 0 \leq y \leq 2, \frac{1}{2}y \leq x \leq y\}.$$



$$\iint_D (x^2 + y^2 - x) d\sigma = \int_0^2 dy \int_{\frac{y}{2}}^y (x^2 + y^2 - x) dx$$

$$= \int_0^2 \left[\frac{1}{3} x^3 + y^2 x - \frac{1}{2} x^2 \right]_{\frac{y}{2}}^y dy = \int_0^2 \left(\frac{19}{24} y^3 - \frac{3}{8} y^2 \right) dy = \frac{13}{6}$$



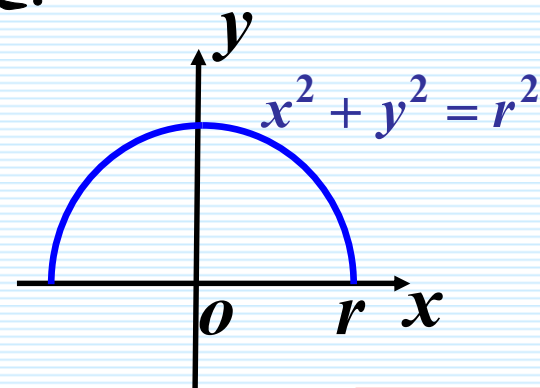
4. 化二重积分 $I = \iint_D f(x, y) d\sigma$ 为二次积

分(分别列出对两个变量先后次序不同的两个二次积分), 其中积分区域 D 是:

(2) 由 x 轴及半圆周 $x^2 + y^2 = r^2 (y \geq 0)$

所围成的闭区域;

解积分区域如图所示, 并且



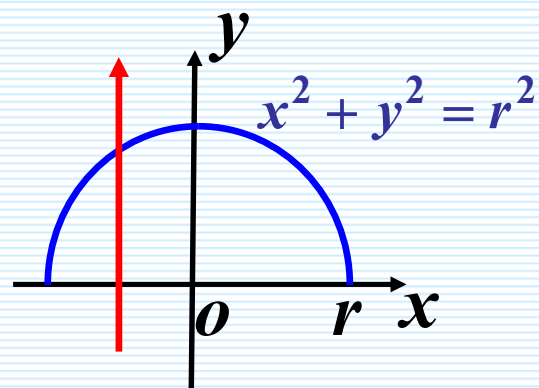
$$y = \sqrt{r^2 - x^2}$$

$$D = \{(x, y) \mid \}, -r \leq x \leq r, 0 \leq y \leq \sqrt{r^2 - x^2} \} \quad x = \pm \sqrt{r^2 - y^2}$$

$$\text{或 } D = \{(x, y) \mid 0 \leq y \leq r, -\sqrt{r^2 - y^2} \leq x \leq \sqrt{r^2 - y^2} \},$$

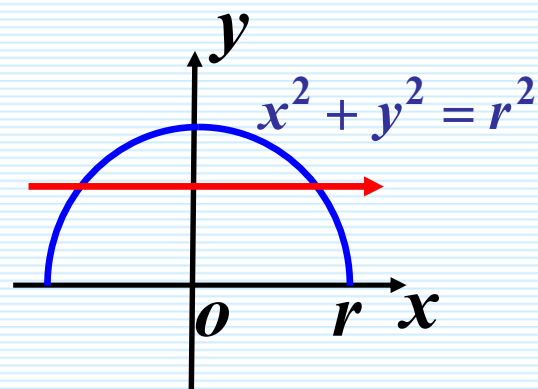


$$I = \int_{-r}^r dx \int_0^{\sqrt{r^2 - x^2}} f(x, y) dy$$



$$y = \sqrt{r^2 - x^2}$$

$$I = \int_0^r dy \int_{-\sqrt{r^2 - y^2}}^{\sqrt{r^2 - y^2}} f(x, y) dx$$



$$x = \pm \sqrt{r^2 - y^2}$$



5. 设 $f(x, y)$ 在 D 上连续, 其中 D 是由直线 $y=x$ 、 $y=a$ 及 $x=b(b>a)$ 围成的闭区域,

$$\text{证明: } \int_a^b dx \int_a^x f(x, y) dy = \int_a^b dy \int_y^b f(x, y) dx$$

证明 积分区域如图所示,

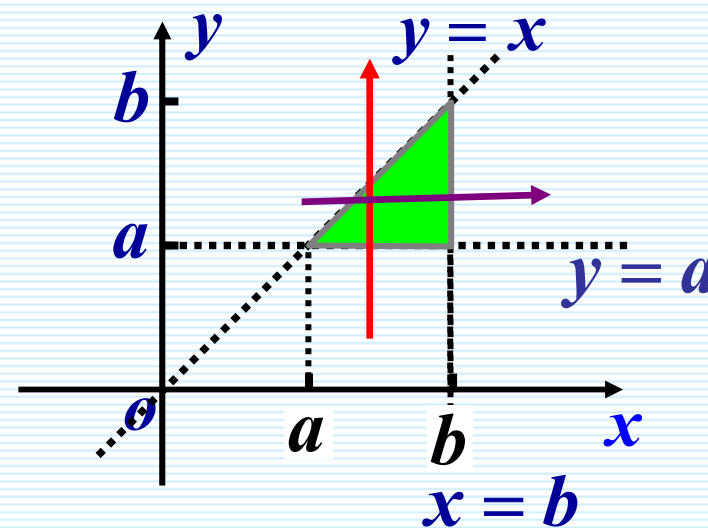
$$D = \{(x, y) | a \leq x \leq b, a \leq y \leq x\},$$

$$\text{或 } D = \{(x, y) | a \leq y \leq b, y \leq x \leq b\}.$$

$$\iint_D f(x, y) d\sigma = \int_a^b dx \int_a^x f(x, y) dy$$

$$\iint_D f(x, y) d\sigma = \int_a^b dy \int_y^b f(x, y) dx$$

$$\int_a^b dx \int_a^x f(x, y) dy = \int_a^b dy \int_y^b f(x, y) dx$$





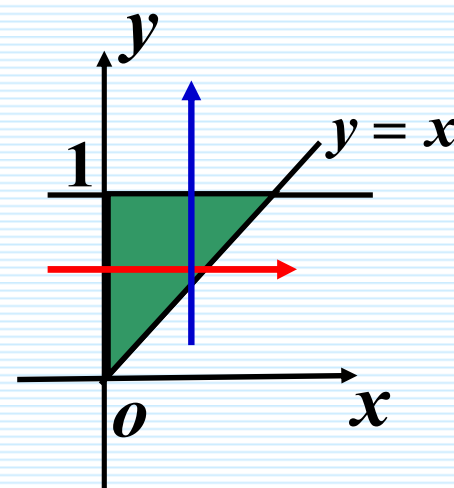
6. 改换下列二次积分的积分次序:

$$(1) \int_0^1 dy \int_0^y f(x, y) dx;$$

解 由根据积分限可得积分区域

$D = \{(x, y) | 0 \leq y \leq 1, 0 \leq x \leq y\}$, 如图

或 $D = \{(x, y) | 0 \leq x \leq 1, x \leq y \leq 1\}$,



$$\int_0^1 dy \int_0^y f(x, y) dx = \int_0^1 dx \int_x^1 f(x, y) dy$$

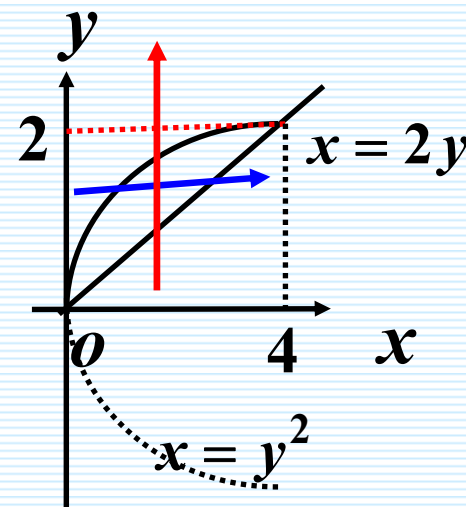


$$(2) \int_0^2 dy \int_{y^2}^{2y} f(x, y) dx;$$

解 由根据积分限可得积分区域
 $D = \{(x, y) | 0 \leq y \leq 2, y^2 \leq x \leq 2y\}$, 如图.

或 $D = \{(x, y) | 0 \leq x \leq 4, \frac{x}{2} \leq y \leq \sqrt{x}\}$,

$$\int_0^2 dy \int_{y^2}^{2y} f(x, y) dx = \int_0^4 dx \int_{\frac{x}{2}}^{\sqrt{x}} f(x, y) dy$$





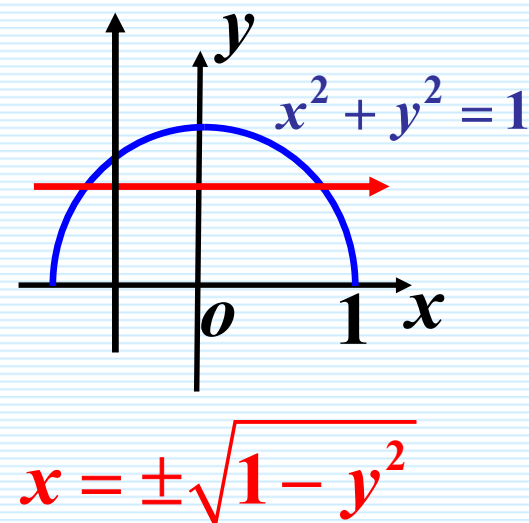
$$(3) \int_0^1 dy \int_{-\sqrt{1-y^2}}^{\sqrt{1-y^2}} f(x, y) dx;$$

解 由根据积分限可得积分区域

$$D = \{(x, y) \mid 0 \leq y \leq 1, -\sqrt{1-y^2} \leq x \leq \sqrt{1-y^2}\}$$

$$D = \{(x, y) \mid -1 \leq x \leq 1, 0 \leq y \leq \sqrt{1-x^2}\}$$

$$\begin{aligned} & \int_0^1 dy \int_{-\sqrt{1-y^2}}^{\sqrt{1-y^2}} f(x, y) dx \\ &= \int_{-1}^1 dx \int_0^{\sqrt{1-x^2}} f(x, y) dy \end{aligned}$$



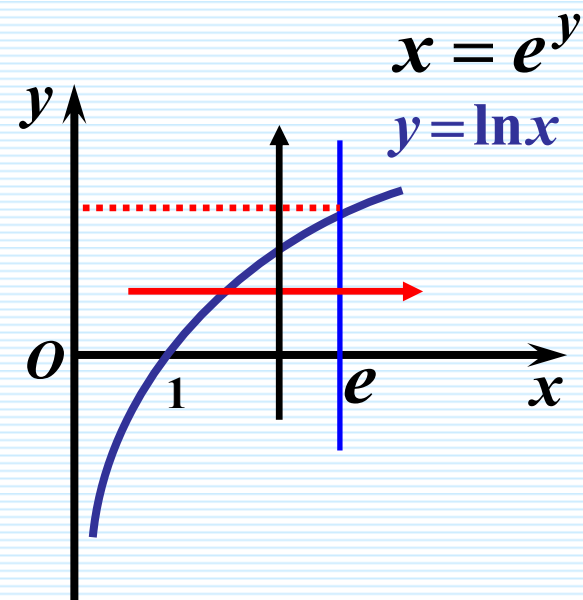


$$(5) \int_1^e dx \int_0^{\ln x} f(x, y) dy;$$

解 由根据积分限可得积分区域
 $D = \{(x, y) | 1 \leq x \leq e, 0 \leq y \leq \ln x\}$, 如图.

$$D = \{(x, y) | 0 \leq y \leq 1, e^y \leq x \leq e\},$$

$$\begin{aligned} & \int_1^e dx \int_0^{\ln x} f(x, y) dy \\ &= \int_0^1 dy \int_{e^y}^e f(x, y) dx \end{aligned}$$





10. 求由曲面 $z=x^2+2y^2$ 及 $z=6-2x^2-y^2$ 所围成的立体的体积.

解 由 $\begin{cases} z = x^2 + 2y^2 \\ z = 6 - 2x^2 - y^2 \end{cases}$ 消去 z , 得 $x^2 + y^2 = 2$,

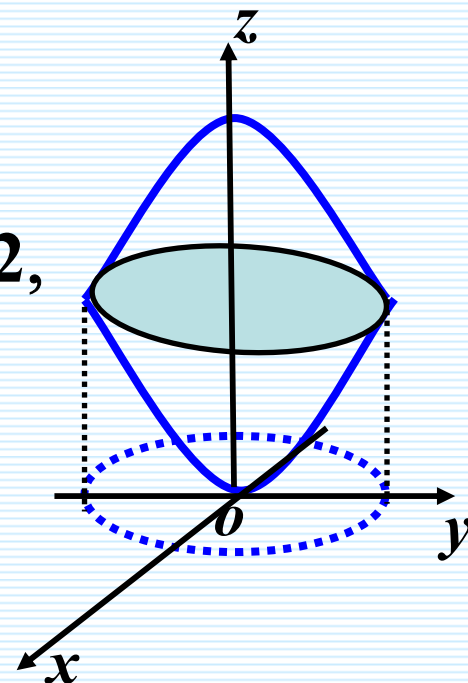
$$D_{xy} : x^2 + y^2 \leq 2$$

$$V = \iint_D [(6 - 2x^2 - y^2) - (x^2 + 2y^2)] d\sigma$$

$$= \iint_D (6 - 3x^2 - 3y^2) d\sigma$$

$$= 12 \int_0^{\sqrt{2}} dx \int_0^{\sqrt{2-x^2}} (2 - x^2 - y^2) dy$$

$$= 8 \int_0^{\sqrt{2}} \sqrt{(2-x^2)^3} dx = 6\pi$$



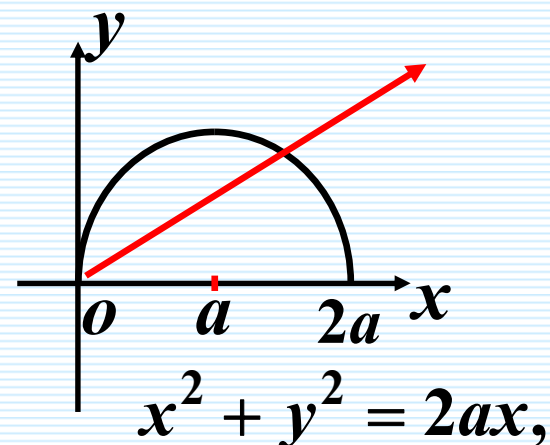
$$\begin{aligned} &= \int_0^{2\pi} d\theta \int_0^{\sqrt{2}} (6 - 3\rho^2) \rho d\rho \\ &= 6\pi \end{aligned}$$



13. 把下列积分化为极坐标形式, 并计算积分值:

$$(1) \int_0^{2a} dx \int_0^{\sqrt{2ax-x^2}} (x^2 + y^2) dy;$$

解 积分区域 D 如图所示.



$$D = \{(\rho, \theta) \mid 0 \leq \theta \leq \frac{\pi}{2}, 0 \leq \rho \leq 2a \cos \theta\} \quad y \geq 0$$

$$\begin{aligned} \int_0^{2a} dx \int_0^{\sqrt{2ax-x^2}} (x^2 + y^2) dy &= \iint_D \rho^2 \cdot \rho d\rho d\theta \\ &= \int_0^{\frac{\pi}{2}} d\theta \int_0^{2a \cos \theta} \rho^2 \cdot \rho d\rho = 4a^4 \int_0^{\frac{\pi}{2}} \cos^4 \theta d\theta = \frac{3}{4} \pi a^4 \end{aligned}$$



$$(2) \int_0^a dx \int_0^x \sqrt{x^2 + y^2} dy;$$

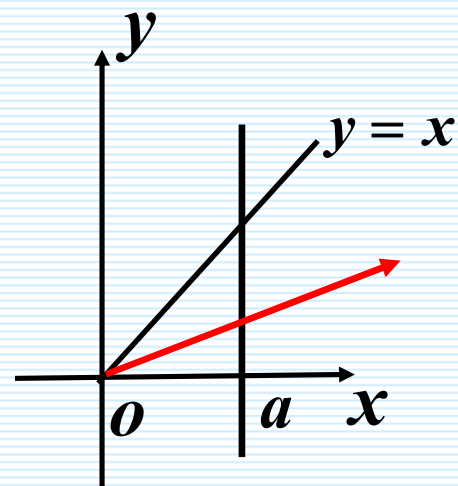
解 积分区域 D 如图所示.

$$D = \{(\rho, \theta) \mid 0 \leq \theta \leq \frac{\pi}{4}, 0 \leq \rho \leq a \sec \theta\}$$

$$\int_0^a dx \int_0^x \sqrt{x^2 + y^2} dy = \iint_D \rho \cdot \rho d\rho d\theta$$

$$= \int_0^{\frac{\pi}{4}} d\theta \int_0^{a \sec \theta} \rho \cdot \rho d\rho = \frac{a^3}{3} \int_0^{\frac{\pi}{4}} \sec^3 \theta d\theta$$

$$= \frac{a^3}{6} [\sqrt{2} + \ln(\sqrt{2} + 1)]$$



$$x = a$$

$$\rho \cos \theta = a$$

$$\rho = a \sec \theta$$

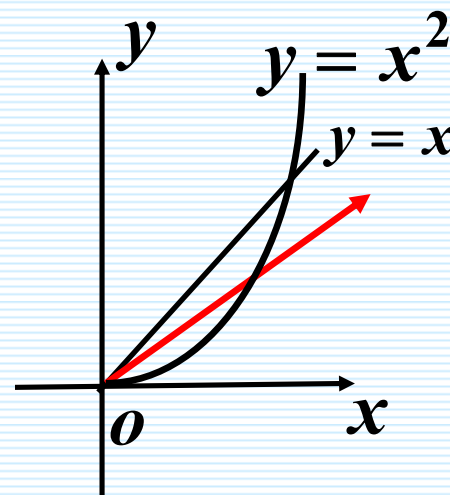


$$(3) \int_0^1 dx \int_{x^2}^x (x^2 + y^2)^{-\frac{1}{2}} dy;$$

解 积分区域 D 如图所示.

$$D = \{(\rho, \theta) \mid 0 \leq \theta \leq \frac{\pi}{4}, \\ 0 \leq \rho \leq \sec \theta \tan \theta\}$$

$$\begin{aligned} & \int_0^1 dx \int_{x^2}^x (x^2 + y^2)^{-\frac{1}{2}} dy \\ &= \iint_D \rho^{-\frac{1}{2}} \cdot \rho d\rho d\theta \\ &= \int_0^{\frac{\pi}{4}} d\theta \int_0^{\sec \theta \tan \theta} \rho^{-\frac{1}{2}} \cdot \rho d\rho = \int_0^{\frac{\pi}{4}} \sec \theta \tan \theta d\theta = \sqrt{2} - 1 \end{aligned}$$



$$y = x^2$$

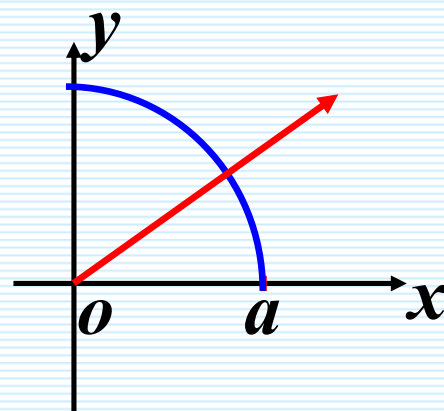
$$\rho \sin \theta = \rho^2 \cos^2 \theta$$

$$\rho = \sec \theta \tan \theta$$



$$(4) \int_0^a dy \int_0^{\sqrt{a^2-y^2}} (x^2 + y^2) dx.$$

解 积分区域 D 如图所示.



$$D = \{(\rho, \theta) \mid 0 \leq \theta \leq \frac{\pi}{2}, 0 \leq \rho \leq a\}$$

$$\int_0^a dy \int_0^{\sqrt{a^2-y^2}} (x^2 + y^2) dx = \iint_D \rho^2 \cdot \rho d\rho d\theta$$

$$= \int_0^{\frac{\pi}{2}} d\theta \int_0^a \rho^2 \cdot \rho d\rho = \frac{\pi}{8} a^4$$



14. 利用极坐标计算下列各题:

(1) $\iint_D e^{x^2+y^2} d\sigma$, 其中 D 是由圆周

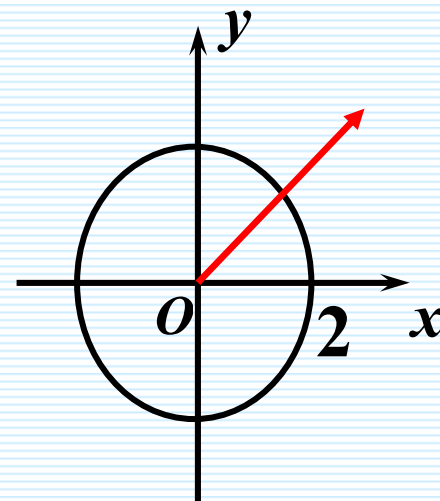
$x^2+y^2=4$ 所围成的闭区域;

解 在极坐标下

$$D=\{(\rho, \theta)|0\leq\theta\leq2\pi, 0\leq\rho\leq2\},$$

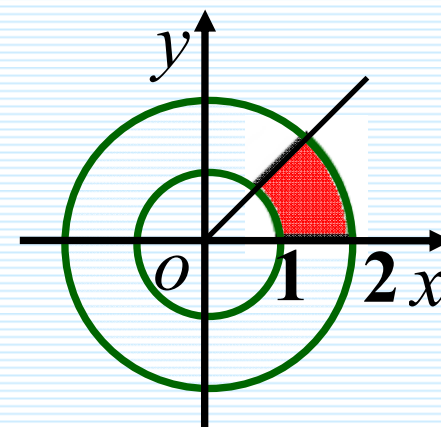
$$\iint_D e^{x^2+y^2} d\sigma = \iint_D e^{\rho^2} \rho d\rho d\theta$$

$$= \int_0^{2\pi} d\theta \int_0^2 e^{\rho^2} \rho d\rho = 2\pi \cdot \frac{1}{2}(e^4 - 1) = \pi(e^4 - 1)$$





(3) $\iint_D \arctan \frac{y}{x} d\sigma$, 其中 D 是由圆周 $x^2+y^2=4$, $x^2+y^2=1$ 及直线 $y=0$, $y=x$ 所围成的第一象限内的闭区域.



解 在极坐标下

$$D = \{(\rho, \theta) \mid 0 \leq \theta \leq \frac{\pi}{4}, 1 \leq \rho \leq 2\},$$

$$\begin{aligned} \iint_D \arctan \frac{y}{x} d\sigma &= \iint_D \arctan(\tan \theta) \cdot \rho d\rho d\theta = \iint_D \theta \cdot \rho d\rho d\theta \\ &= \int_0^{\frac{\pi}{4}} d\theta \int_1^2 \theta \cdot \rho d\rho = \int_0^{\frac{\pi}{4}} \theta d\theta \int_1^2 \rho d\rho = \frac{3\pi^3}{64} \end{aligned}$$



习题10-3

5. 计算 $\iiint_{\Omega} \frac{dxdydz}{(1+x+y+z)^3}$, 其中 Ω 为

平面 $x=0, y=0, z=0, x+y+z=1$ 所围成的四面体.

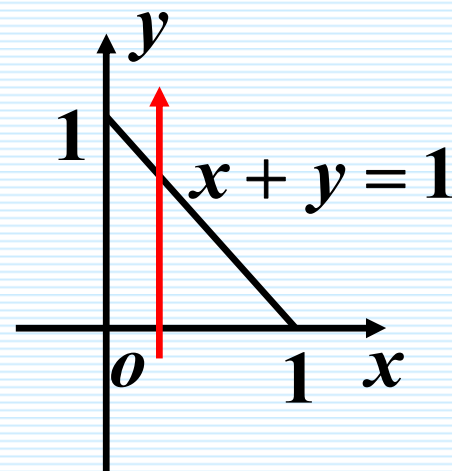
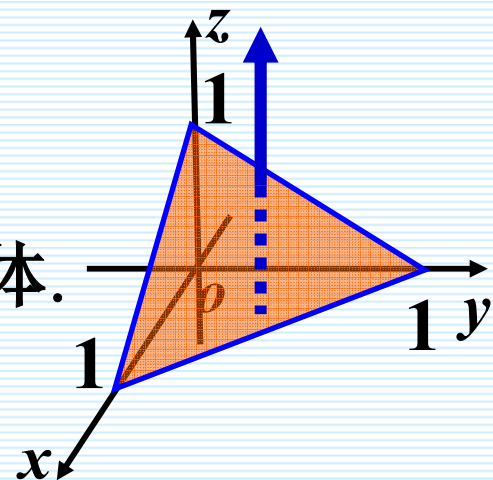
解 积分区域可表示为

$$\Omega = \{(x, y, z) \mid 0 \leq z \leq 1-x-y, 0 \leq y \leq 1-x, 0 \leq x \leq 1\},$$

$$\iiint_{\Omega} \frac{dxdydz}{(1+x+y+z)^3}$$

$$= \int_0^1 dx \int_0^{1-x} dy \int_0^{1-x-y} \frac{1}{(1+x+y+z)^3} dz$$

$$= \frac{1}{2} \left(\ln 2 - \frac{5}{8} \right)$$





$$\begin{aligned}& \int_0^1 dx \int_0^{1-x} dy \int_0^{1-x-y} \frac{1}{(1+x+y+z)^3} dz \\&= \int_0^1 dx \int_0^{1-x} \left[\frac{1}{-2(1+x+y+z)^2} \right]_0^{1-x-y} dy \\&= \int_0^1 dx \int_0^{1-x} \left[\frac{1}{2(1+x+y)^2} - \frac{1}{8} \right] dy \\&= \int_0^1 \left[\frac{1}{-2(1+x+y)} - \frac{1}{8} y \right]_0^{1-x} dx = \int_0^1 \left[\frac{1}{2(1+x)} - \frac{3}{8} + \frac{1}{8} x \right] dx \\&= \left[\frac{1}{2} \ln(1+x) - \frac{3}{8} x + \frac{1}{16} x^2 \right]_0^1 = \frac{1}{2} \left(\ln 2 - \frac{5}{8} \right)\end{aligned}$$

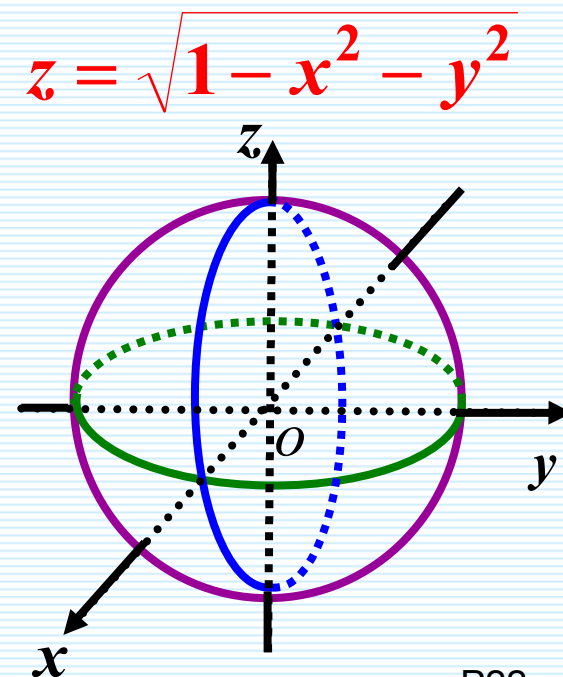


6. 计算 $\iiint_{\Omega} xyz dx dy dz$, 其中 Ω 为球面 $x^2 + y^2 + z^2 = 1$ 及三个

坐标面所围成的在第一卦限内的闭区域.

解 $\Omega = \{(x, y, z) \mid 0 \leq z \leq \sqrt{1 - x^2 - y^2}, 0 \leq y \leq \sqrt{1 - x^2}, 0 \leq x \leq 1\}$

$$\begin{aligned} & \iiint_{\Omega} xyz dx dy dz \\ &= \int_0^1 dx \int_0^{\sqrt{1-x^2}} dy \int_0^{\sqrt{1-x^2-y^2}} xyz dz \\ &= \int_0^1 dx \int_0^{\sqrt{1-x^2}} \frac{1}{2} xy(1-x^2-y^2) dy \\ &= \int_0^1 \frac{1}{8} x(1-x^2)^2 dx = \frac{1}{48} \end{aligned}$$





习题10-3, 9. 利用柱面坐标计算下列三重积分:

(1) $\iiint_{\Omega} z dv$, 其中 Ω 是由曲面 $z = \sqrt{2 - x^2 - y^2}$ 及 $z = x^2 + y^2$ 所围成的闭区域;

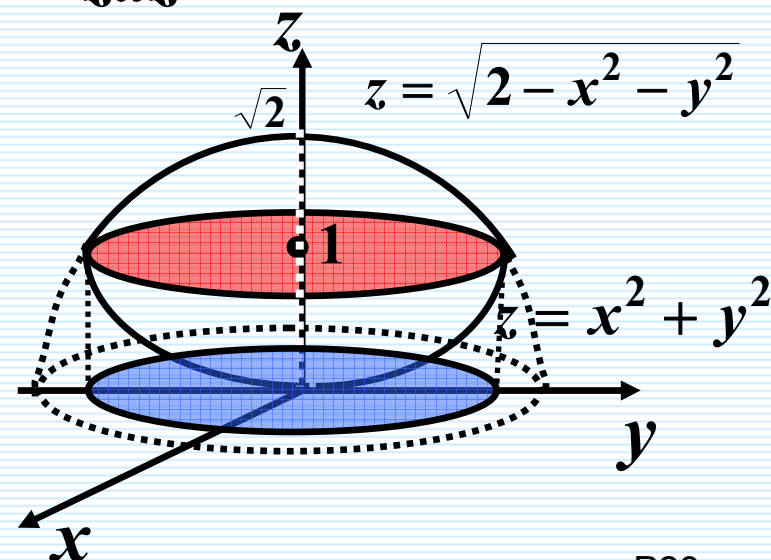
解 $\Omega: 0 \leq \theta \leq 2\pi, 0 \leq \rho \leq 1, \rho^2 \leq z \leq \sqrt{2 - \rho^2},$

$$\iiint_{\Omega} z dv = \int_0^{2\pi} d\theta \int_0^1 \rho d\rho \int_{\rho^2}^{\sqrt{2-\rho^2}} z dz$$

$$= 2\pi \int_0^1 \frac{1}{2} \rho (2 - \rho^2 - \rho^4) d\rho$$

$$= \pi \int_0^1 (2\rho - \rho^3 - \rho^5) d\rho$$

$$= \frac{7}{12} \pi$$





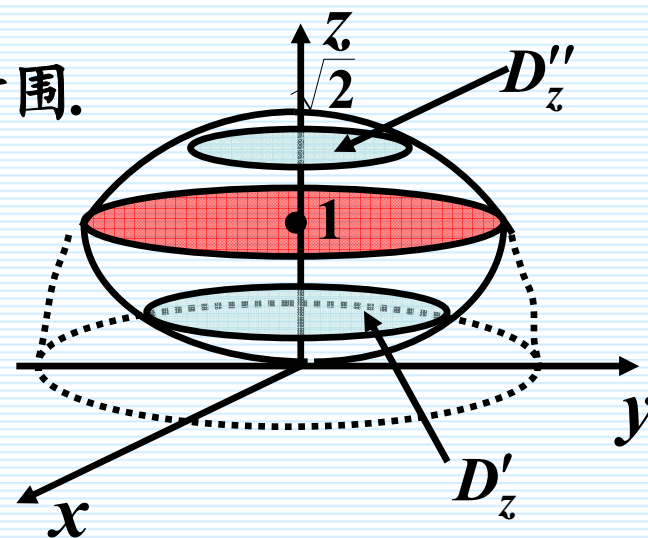
另解 计算 $\iiint_{\Omega} z dx dy dz$,

Ω 为由 $z = \sqrt{2 - x^2 - y^2}$ 与 $z = x^2 + y^2$ 所围.

解: $\Omega = \Omega_1 + \Omega_2$

$\Omega_1 : z = x^2 + y^2$ 与 $z = 1$ 所围

$\Omega_2 : z = \sqrt{2 - x^2 - y^2}$ 与 $z = 1$ 所围



$D'_z : x^2 + y^2 \leq z, (0 \leq z \leq 1), D''_z : x^2 + y^2 \leq 2 - z^2, (1 \leq z \leq \sqrt{2})$

$$\iiint_{\Omega_1} z dx dy dz = \int_0^1 dz \iint_{D'_z} z dx dy = \int_0^1 z \pi \cdot z dz = \frac{\pi}{3}$$

$$\iiint_{\Omega_2} z dx dy dz = \int_1^{\sqrt{2}} dz \iint_{D''_z} z dx dy = \int_1^{\sqrt{2}} z \pi \cdot (2 - z^2) dz = \frac{\pi}{4}$$

$$\iiint_{\Omega} z dx dy dz = \iiint_{\Omega_1} z dx dy dz + \iiint_{\Omega_2} z dx dy dz = \frac{7\pi}{12}$$



习题10-3, 9. 利用柱面坐标计算下列三重积分:

$$(2) \iiint_{\Omega} (x^2 + y^2) dv, \text{ 其中 } \Omega \text{ 是由曲面 } x^2 + y^2 = 2z$$

及平面 $z=2$ 所围成的闭区域.

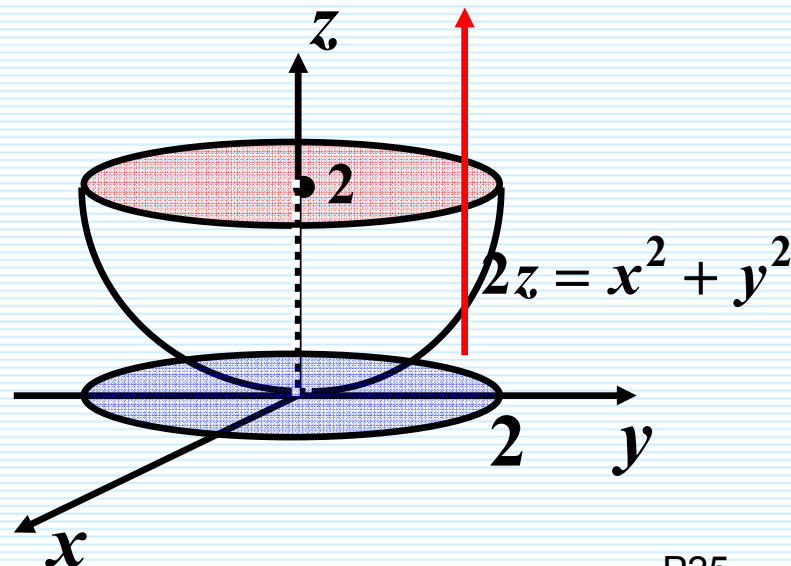
解 $\Omega: 0 \leq \theta \leq 2\pi, 0 \leq \rho \leq 2, \frac{\rho^2}{2} \leq z \leq 2,$

$$\iiint_{\Omega} (x^2 + y^2) dv = \iiint_{\Omega} \rho^2 \cdot \rho d\rho d\theta dz$$

$$= \int_0^{2\pi} d\theta \int_0^2 \rho^3 d\rho \int_{\frac{1}{2}\rho^2}^2 dz$$

$$= \int_0^{2\pi} d\theta \int_0^2 (2\rho^3 - \frac{1}{2}\rho^5) d\rho$$

$$= \int_0^{2\pi} \frac{8}{3} d\theta = \frac{16}{3} \pi$$





(2) $\iiint_{\Omega} (x^2 + y^2) dv$, 其中 Ω 是由曲面 $x^2 + y^2 = 2z$

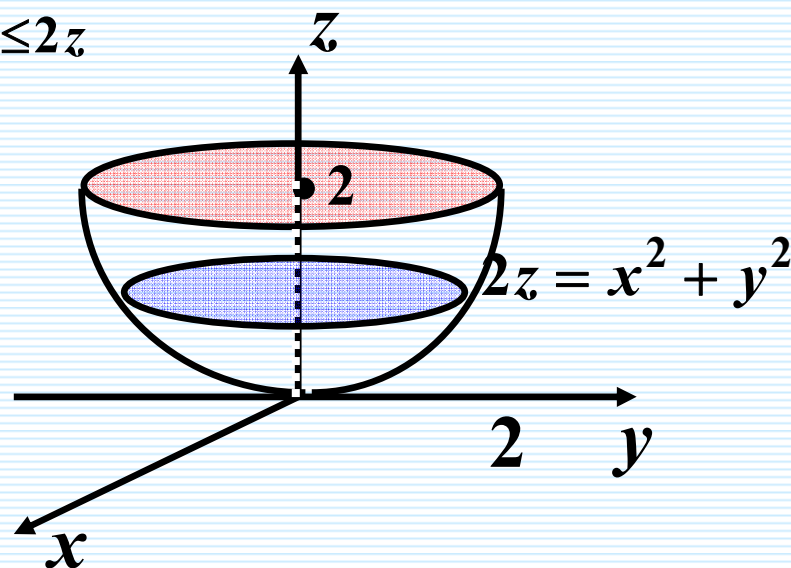
及平面 $z=2$ 所围成的闭区域.

解 $\Omega: x^2 + y^2 \leq 2z, 0 \leq z \leq 2$, 用截面法

$$\iiint_{\Omega} (x^2 + y^2) dv = \int_0^2 dz \iint_{x^2 + y^2 \leq 2z} (x^2 + y^2) dx dy$$

$$= \int_0^2 dz \int_0^{2\pi} d\theta \int_0^{\sqrt{2z}} \rho^3 d\rho$$

$$= 2\pi \int_0^2 z^2 dz = \frac{16}{3} \pi$$





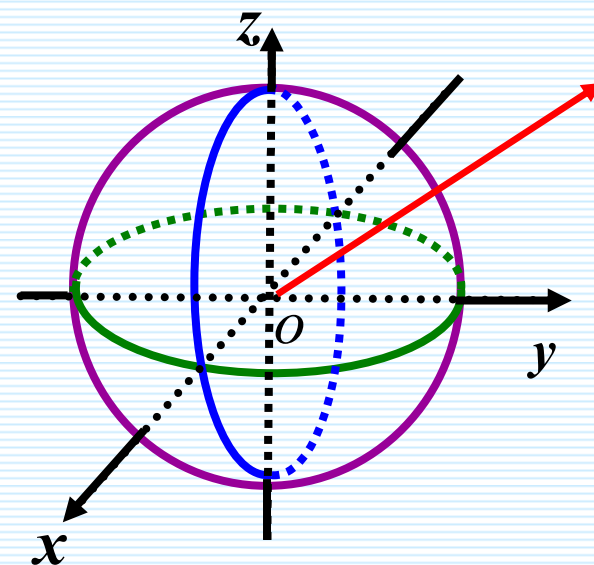
10. 利用球面坐标计算下列三重积分:

(1) $\iiint_{\Omega} (x^2 + y^2 + z^2) dv$, 其中 Ω 是由球面

$x^2 + y^2 + z^2 = 1$ 所围成的闭区域.

解 $\Omega: 0 \leq \theta \leq 2\pi, 0 \leq \varphi \leq \pi, 0 \leq r \leq 1,$

$$\begin{aligned} & \iiint_{\Omega} (x^2 + y^2 + z^2) dv \\ &= \iiint_{\Omega} r^4 \cdot \sin \varphi dr d\varphi d\theta \\ &= \int_0^{2\pi} d\theta \int_0^{\pi} \sin \varphi d\varphi \int_0^1 r^4 dr = \frac{4}{5} \pi \end{aligned}$$





(2) $\iiint_{\Omega} z dv$, 其中闭区域 Ω 由不等式

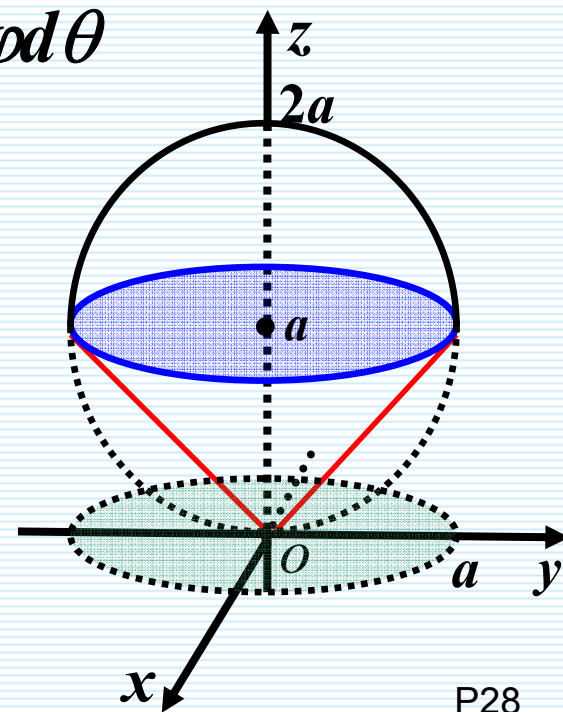
$x^2 + y^2 + (z - a)^2 \leq a^2, x^2 + y^2 \leq z^2$ 所确定.

解 $\Omega : 0 \leq \theta \leq 2\pi, 0 \leq \varphi \leq \frac{\pi}{4}, 0 \leq r \leq 2a \cos \varphi,$

$$\iiint_{\Omega} z dv = \iiint_{\Omega} r \cos \varphi \cdot r^2 \sin \varphi dr d\varphi d\theta$$

$$= 2\pi \int_0^{\frac{\pi}{4}} \sin \varphi \cos \varphi \cdot \frac{1}{4} (2a \cos \varphi)^4 d\varphi$$

$$= 8\pi a^4 \int_0^{\frac{\pi}{4}} \sin \varphi \cos^5 \varphi d\varphi = \frac{7}{6} \pi a^4$$





11. 选用适当的坐标计算下列三重积分:

(1) $\iiint_{\Omega} xy dv$, 其中 Ω 为柱面 $x^2+y^2=1$ 及平面 $z=1$,

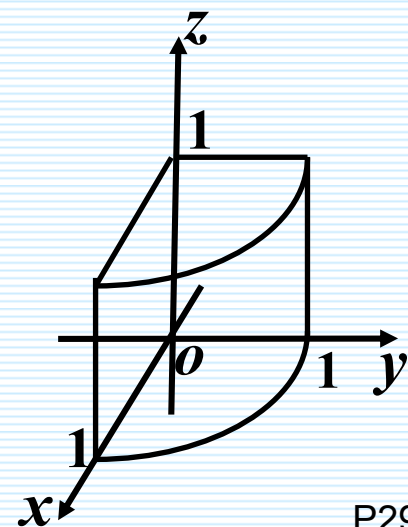
$z=0, x=0, y=0$ 所围成的在第一卦限内的闭区域;

解

$$\Omega: 0 \leq \theta \leq \frac{\pi}{2}, 0 \leq \rho \leq 1, 0 \leq z \leq 1,$$

$$\iiint_{\Omega} xy dv = \iiint_{\Omega} \rho \cos \theta \cdot \rho \sin \theta \cdot \rho d\rho d\theta dz$$

$$= \int_0^{\frac{\pi}{2}} \sin \theta \cos \theta d\theta \int_0^1 \rho^3 d\rho \int_0^1 dz = \frac{1}{8}$$





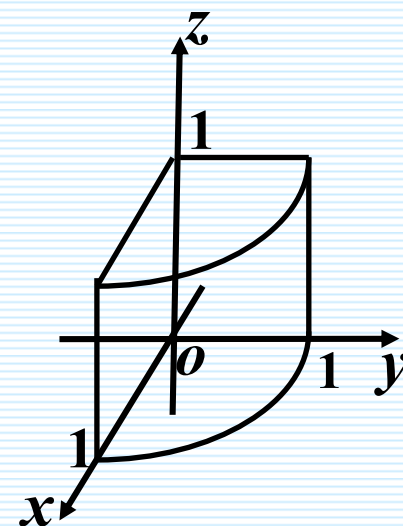
别解：用直角坐标计算

$$\iiint_{\Omega} xy dv = \int_0^1 x dx \int_0^{\sqrt{1-x^2}} y dy \int_0^1 dz$$

$$= \int_0^1 x dx \int_0^{\sqrt{1-x^2}} y dy$$

$$= \int_0^1 \left(\frac{x}{2} - \frac{x^3}{2} \right) dx$$

$$= \left[\frac{x^2}{4} - \frac{x^4}{8} \right]_0^1 = \frac{1}{8}$$





(4) $\iiint_{\Omega} (x^2 + y^2) dv$, 其中闭区域 Ω 由不等式

$0 < a \leq \sqrt{x^2 + y^2 + z^2} \leq A, z \geq 0$ 所确定.

解 Ω : $0 \leq \theta \leq 2\pi, 0 \leq \varphi \leq \frac{\pi}{2}, a \leq r \leq A$,

$$\iiint_{\Omega} (x^2 + y^2) dv$$

$$= \iiint_{\Omega} (r^2 \sin^2 \varphi \cos^2 \varphi + r^2 \sin^2 \varphi \sin^2 \theta) r^2 \sin \varphi dr d\varphi d\theta$$

$$= \int_0^{2\pi} d\theta \int_0^{\frac{\pi}{2}} \sin^3 \varphi d\varphi \int_a^A r^4 dr = \frac{4\pi}{15} (A^5 - a^5)$$

