A different way to arrive at the same algorithm:

Equation of an ellipsoid:
$$\frac{x^2}{a^2} + \frac{y^2}{b^2} + \frac{z^2}{c^2} = 1$$

Transformation into u, v and w space:

$$u = \frac{x}{a}$$
, $v = \frac{y}{b}$, $w = \frac{z}{c}$ which yields the equation $u^2 + v^2 + w^2 = 1$

This is now the equation of a sphere with a radius of 1 in u, v and w space.

Solve the equations for x, y and z you have:

$$ua = x$$
, $vb = y$ and $wc = z$

Now for the jacobian transformation:

$$-\begin{bmatrix} \frac{\partial x}{\partial u} & \frac{\partial y}{\partial u} & \frac{\partial z}{\partial u} \\ \frac{\partial x}{\partial v} & \frac{\partial y}{\partial v} & \frac{\partial z}{\partial v} \\ \frac{\partial x}{\partial w} & \frac{\partial y}{\partial w} & \frac{\partial z}{\partial w} \end{bmatrix} = \begin{bmatrix} a & 0 & 0 \\ 0 & b & 0 \\ 0 & 0 & c \end{bmatrix} determinant = abc$$

Conversion of $u^2 + v^2 + w^2 = 1$ in to spherical coordinates:

$$u = \rho \sin(\varphi) \cos(\theta)$$
, $v = \rho \sin(\varphi) \sin(\theta)$, and $w = \rho \cos(\varphi)$

Convert equation:

$$\rho^2 \sin^2(\varphi) \sin^2(\theta) + \rho^2 \sin^2(\varphi) \cos^2(\theta) + \rho^2 \cos^2(\varphi) = 1$$

Simplify equation:

$$\rho^{2} \sin^{2}(\varphi)[\sin^{2}(\theta) + \cos^{2}(\theta)] + \rho^{2} \cos^{2}(\varphi) = 1$$
$$\rho^{2} \sin^{2}(\varphi) + \rho^{2} \cos^{2}(\varphi) = 1$$
$$\rho^{2}(\sin^{2}(\varphi) + \cos^{2}(\varphi)) = 1$$
$$\rho^{2} = 1$$
$$\rho = 1$$

Triple integral after conversion to spherical coordinates:

The integrand $\rho^2 \sin(\varphi)$ is derived from a second jacobian but generally, anytime one converts to spherical coordinates, it can be placed in the integrand

$$Volume = \iiint_{Q} \rho^{2} \sin(\varphi) |jacobian| dV$$

$$Volume = \int_{0}^{2\pi} \int_{0}^{\pi} \int_{0}^{1} \rho^{2} \sin(\varphi) |abc| d\rho d\varphi d\theta$$

$$Volume = abc \int_{0}^{2\pi} \int_{0}^{\pi} \sin(\varphi) \int_{0}^{1} \rho^{2} d\rho d\varphi d\theta$$

$$Volume = \left(\frac{1}{3}\right) abc \int_{0}^{2\pi} \int_{0}^{\pi} \sin(\varphi) d\varphi d\theta$$

$$Volume = \left(\frac{1}{3}\right) abc [-\cos(\pi) + \cos(0)] \int_{0}^{2\pi} d\theta$$

$$Volume = \left(\frac{1}{3}\right) abc [2] [2\pi - 0]$$

$$Volume = \frac{4\pi}{3} abc$$