Theorem. The part of a parabola inside the unit circle can have arc length > 4.

We consider arcs cut by the unit circle of parabolas $y=cx^2-1$ for $c\to\infty$. At an intersection point between such a parabola and the unit circle we have

$$x^2+y^2=1=x^2+(cx^2-1)^2=$$

$$c^2x^4-(2c-1)x^2+1, \text{ so }$$

$$x^2(c^2x^2-(2c-1))=0, \text{ and so }$$

$$x=0,\pm f(c), \text{ where } f(c)=\frac{1}{c}\sqrt{2c-1}$$

The right half-arc of the parabola for c, then, has length A(c) given by

$$A(c) = \int_0^{f(c)} \sqrt{1 + 4c^2 x^2} \, dx$$

Changing variables to t = 2cx and setting $g(c) = 2\sqrt{2c-1}$, we get

$$A(c) = \frac{1}{2c} \int_0^{g(c)} \sqrt{1 + t^2} \, dt,$$

We have

$$\sqrt{1+t^2} = t + \left(\sqrt{1+t^2} - t\right) = t + \frac{1}{\sqrt{1+t^2} + t}$$

and so

$$A(c) = \frac{1}{2c} \int_0^{g(c)} \left[t + \frac{1}{\sqrt{1+t^2} + t} \right] dt =$$

$$\frac{1}{2c} \left[\frac{t^2}{2} \Big|_0^{g(c)} + \int_0^{g(c)} \frac{t}{\sqrt{1+t^2}+t} dt \right] = \frac{2c-1}{c} + \frac{1}{2c} \int_0^{g(c)} \frac{1}{\sqrt{1+t^2}+t} dt$$

Because $\frac{1}{\sqrt{1+t^2}+t} > \frac{1}{3t}$ for t > 1, we now have that

$$A(c) > 2 - \frac{1}{c} + \frac{1}{2c} \int_{1}^{g(c)} \frac{dt}{3t} = 2 - \frac{1}{c} + \frac{1}{6c} \ln(g(c)) > 2$$

when $\ln(g(c)) > 6$. This last relationship is true for all sufficently large c. \square