



let
$$3 \sin \theta = 2 - \sin \theta$$

 $4 \sin \theta = 2$
 $\sin \theta = \frac{1}{2}$
 $\theta = \frac{\pi}{6}$, $\frac{1}{6}\pi$

$$\int_{\frac{\pi}{6}}^{4\pi} 4 \sin^{2}\theta - 2 + 2 \sin \theta \ d\theta$$

$$= 1 - 2 \sin^{2}\theta$$

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$$\cos 2\theta = \cos^{2}\theta - \sin^{2}\theta$$

$$= 1 - 2 \sin^{2}\theta$$

$$\cos 2\theta + 2 \sin^{2}\theta = 1$$

$$2 \sin^{2}\theta = 1 - \cos 2\theta$$

$$4 \sin^{2}\theta = 2 - 2 \cos 2\theta$$

$$4 \sin^{2}\theta = 2 - 2 \cos 2\theta$$

$$\int_{\frac{\pi}{6}}^{4\pi} 2 - 2 \cos 2\theta + 2 \sin \theta \ d\theta = \frac{1}{6}$$

$$(-\sin 2\theta - 2 \cos \theta)$$

$$= -\sin(\frac{\pi}{6}\pi) - 2 \cos(\frac{\pi}{6}\pi) + \sin(\frac{\pi}{3}\pi) + 2 \cos(\frac{\pi}{6}\pi) = \frac{1}{6}$$

$$= 4 \cos(\frac{\pi}{6}\pi) + 2 \sin(\frac{\pi}{3}\pi) = 2 \sin(\frac{\pi}{3}\pi)$$

$$= 2 \cdot \sqrt{3} + \sqrt{3}$$