7 (a) Find the possible values of x for which $\sin^{-1}(x^2 - 1) = \frac{1}{3}\pi$, giving your answers correct to 3 decimal places. [3]

(b) Solve the equation $\sin(2\theta + \frac{1}{3}\pi) = \frac{1}{2}$ for $0 \leqslant \theta \leqslant \pi$, giving θ in terms of π in your answers. [4]