

$$Ta = \int_{0}^{4} p^{2} \sqrt{16 - p^{2}} dp = \int_{0}^{\frac{\pi}{2}} (4sen(u))^{2} \sqrt{16 - (4sen(u))^{2}} 4cos u du$$

$$Ta = \int_{0}^{\frac{\pi}{2}} 2s6 sen(u) \cos^{2} u du$$

$$Ta = 2s6 \int_{0}^{\frac{\pi}{2}} \frac{1 - \cos(4u)}{8} du$$

$$Ta = 2s6 \int_{0}^{\frac{\pi}{2}} \frac{1 - \cos(4u)}{4u} du$$

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$$Ta = 2s6$$