

The antiderivative is very helpful in physics problems. We already know that x(t), v(t), and a(t) are all related through their rates (derivatives), so they must be related with their antiderivatives as well. There is no single antiderivative for a function, so instead of saying

$$\int v(t)dt = x(t)$$

which is false, we can say

$$\int v(t)dt = \text{change in } x(t)$$

or

$$\int v(t)dt = x(t) + C$$

At any point t, the change in x(t) will be $\int v(t)dt$. This works for all relations as well:

$$\int \left(\int a(t)dt \right) dt = \int (v(t) + C)dt = x(t) + Ct + D$$