

Posons
$$f(x) = R + \sqrt{r^2 - x^2}$$
 et $g(x) = R - \sqrt{r^2 - x^2}$.

Alors le volume du tore vaut :

$$\pi \int_{-r}^{r} f^{2}(x) dx - \pi \int_{-r}^{r} g^{2}(x) dx = \pi \left(\int_{-r}^{r} f^{2}(x) dx - \int_{-r}^{r} g^{2}(x) dx \right) =$$

$$\pi \int_{-r}^{r} \left(f^{2}(x) - g^{2}(x) \right) dx = \pi \int_{-r}^{r} \left(\left(R + \sqrt{r^{2} - x^{2}} \right)^{2} - \left(R - \sqrt{r^{2} - x^{2}} \right)^{2} \right) dx =$$

$$\pi \int_{-r}^{r} \left(\left(R^{2} + 2 R \sqrt{r^{2} - x^{2}} + r^{2} - x^{2} \right) - \left(R^{2} - 2 R \sqrt{r^{2} - x^{2}} + r^{2} - x^{2} \right) \right) dx =$$

$$\pi \int_{-r}^{r} 4 R \sqrt{r^{2} - x^{2}} dx = 4 \pi R \int_{-r}^{r} \sqrt{r^{2} - x^{2}} dx$$

Effectuons le changement de variable $x = r \sin(t)$.

Cette formule donne $\sin(t) = \frac{x}{r}$, puis $t = \arcsin(\frac{x}{r})$.

Les bornes de l'intégrale deviennent donc :

$$\arcsin(\frac{-r}{r}) = \arcsin(-1) = -\frac{\pi}{2}$$
 et $\arcsin(\frac{r}{r}) = \arcsin(1) = \frac{\pi}{2}$.

$$4\pi R \int_{-r}^{r} \sqrt{r^2 - x^2} dx = 4\pi R \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \sqrt{r^2 - (r \sin(t))^2} (r \sin(t))' dt =$$

$$4\pi R \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \sqrt{r^2 - r^2 \sin^2(t)} \cdot r \cos(t) dt = 4\pi R \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} r^2 \cos^2(t) dt =$$

$$4\pi R r^2 \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \cos^2(t) dt = 4\pi R r^2 \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \frac{1 + \cos(2t)}{2} dt =$$

$$4\pi R r^2 \cdot \frac{1}{2} \cdot \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} (1 + \cos(2t)) dt = 2\pi R r^2 \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} (1 + \frac{1}{2} \cos(2t) \cdot 2) dt =$$

$$2\pi R r^2 \left(t + \frac{1}{2}\sin(2t)\Big|_{-\frac{\pi}{2}}^{\frac{\pi}{2}}\right) =$$

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$$2 \pi \operatorname{R} r^{2} \left(\left(\frac{\pi}{2} + \frac{1}{2} \sin(2 \cdot \frac{\pi}{2}) \right) - \left(-\frac{\pi}{2} + \frac{1}{2} \sin(2 \cdot (-\frac{\pi}{2})) \right) \right) =$$

$$2 \pi \operatorname{R} r^{2} \left(\left(\frac{\pi}{2} + \frac{1}{2} \sin(\pi) \right) - \left(-\frac{\pi}{2} + \sin(-\pi) \right) \right) = 2 \pi \operatorname{R} r^{2} \left(\left(\frac{\pi}{2} + 0 \right) - \left(-\frac{\pi}{2} + 0 \right) \right) =$$

$$2 \pi \operatorname{R} r^{2} \left(\frac{\pi}{2} - \left(-\frac{\pi}{2} \right) \right) = 2 \pi \operatorname{R} r^{2} \pi = 2 \pi^{2} \operatorname{R} r^{2}$$

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