

The diagram shows the curve  $y = \sin 2x \cos^2 x$  for  $0 \le x \le \frac{1}{2}\pi$ , and its maximum point M.

- (a) Using the substitution  $u = \sin x$ , find the exact area of the region bounded by the curve and the x-axis. [5]
- (b) Find the exact x-coordinate of M.