

**Net Change Theorem:** The integral of a rate of change is the net change: let  $s(t)$  be position and  $s'(t) = v(t)$  be velocity. Then

The *displacement* of an object is the net change of position:

The *distance traveled* is the total amount of distance moved:

**Example 1.** A particle moves along a line so that its velocity at time  $t$  is  $v(t) = t^2 - t - 6$ . Find the displacement and distance traveled from  $1 \leq t \leq 4$ .

## Substitution: indefinite integrals

We learn to solve new antiderivatives using **substitution** or **u-substitution**.

**Example 2.** *Compute*

$$\int 2x\sqrt{1+x^2}dx.$$

**Take-away:**

**Example 3.**

$$\int x^3 \cos(x^4 + 2)dx.$$

## Definite integrals

**Example 4.** *Solve*

$$\int_0^4 \sqrt{2x+1} dx.$$

**Example 5.** *Solve*

$$\int_1^e \frac{\ln x}{x} dx.$$

**Example 6.**

$$\int \sqrt{1+x^2} x^5 dx.$$

## Boot Camp

**Example 7.** *Solve the following integrals:*

**Appetizers:**

$$\int (3t-1)^{50} dt$$

$$\int_0^3 \frac{dx}{5x+1}$$

**Entrees:**

$$\int_0^{\pi/2} \cos x \sin(\sin(x)) dx$$

$$\int \tan x dx$$

**Desserts:**

$$\int \frac{x^9}{1+x^{20}} dx$$

$$\int_0^1 \frac{dx}{(1+\sqrt{x})^4}$$