

MATH 0350 DSET #7

Section 5.3

1.

$$(a) \leftrightarrow (iii)$$

$$(b) \leftrightarrow (iv)$$

$$(c) \leftrightarrow (ii)$$

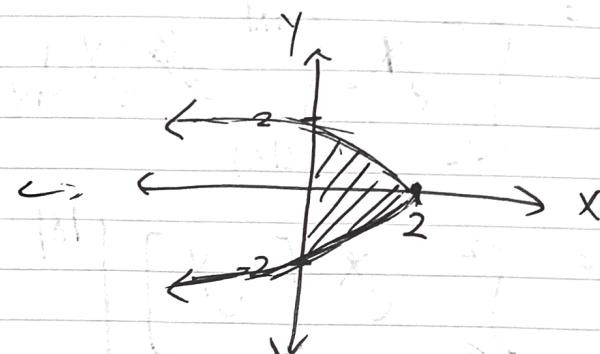
$$(d) \leftrightarrow (i)$$

2.

$$(a) \int_{-2}^2 \int_0^{4-y^2} (4-x) dx dy$$

$$\Leftrightarrow 0 \leq x \leq 4-y^2$$

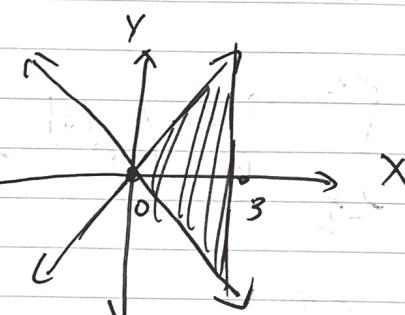
$$\Leftrightarrow -2 \leq y \leq 2$$



$$(b) \int_0^3 \int_{-x}^x (6+y-2x) dy dx$$

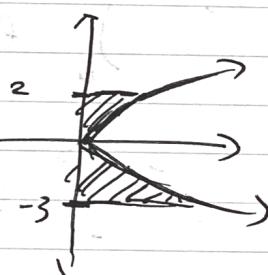
$$\Leftrightarrow -x \leq y \leq +x$$

$$\Leftrightarrow 0 \leq x \leq 3$$



4.

$$(a) \int_{-3}^2 \int_0^{y^2} (x^2+y) dx dy \Leftrightarrow 0 \leq x \leq y^2 \Leftrightarrow -3 \leq y \leq 2 \Leftrightarrow$$



$$= \int_{-3}^2 \left[\frac{x^3}{3} + yx \right] \Big|_0^{y^2} dy$$

$$= \int_{-3}^2 \frac{y^6}{3} + y^3 dy = \left[\frac{y^7}{21} + \frac{y^4}{4} \right] \Big|_{-3}^2$$

$$= \frac{128}{21} + \frac{16}{4} - \left(-\frac{2187}{21} + \frac{81}{4} \right)$$

$$= \frac{231\pi}{21} - \frac{65}{4}$$

4(b)

$$\int_1^1 \int_{-2|x|}^{1|x|} e^{x+y} dy dx \quad \begin{matrix} -2|x| \leq y \leq 1|x| \\ -1 \leq x \leq 1 \end{matrix}$$



$$= \int_{-1}^1 e^x \cdot \int_{-2|x|}^{1|x|} e^y dy dx$$

$$= \int_{-1}^1 e^x \left[e^y \right]_{-2|x|}^{1|x|} dx$$

$$= \int_{-1}^1 e^x \left(e^{1|x|} - e^{-2|x|} \right) dx$$

$$= \int_0^1 e^x (e^{1|x|} - e^{-2|x|}) dx + \int_{-1}^0 e^x (e^{1|x|} - e^{-2|x|}) dx$$

$$= \int_0^1 e^x (e^x - e^{-2x}) dx + \int_{-1}^0 e^x (e^{-x} - e^{+2x}) dx$$

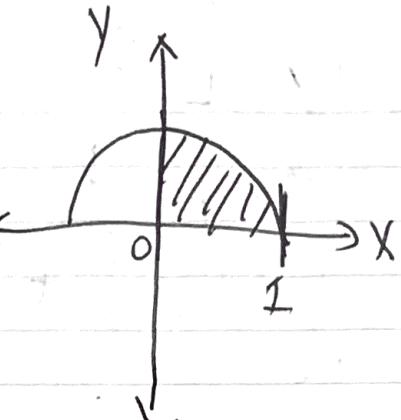
$$= \int_0^1 e^{2x} - e^{-x} dx + \int_{-1}^0 1 - e^{3x} dx$$

$$= \left[\frac{e^{2x}}{2} + e^{-x} \right]_0^1 + \left[x - \frac{e^{3x}}{3} \right]_{-1}^0$$

$$= \left(\frac{e^2}{2} + \frac{1}{e} \right) - \left(\frac{1}{2} + 1 \right) + \left(0 - \frac{1}{3} \right) - \left(-1 - \frac{e^3}{3} \right)$$

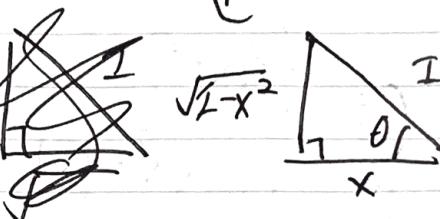
$$= \left(-\frac{5}{6} + \frac{1}{3e^3} + \frac{1}{e} + \frac{e^2}{2} \right)$$

$$4(c) \int_0^1 \int_0^{(1-x^2)^{\frac{1}{2}}} dy dx$$



$$= \int_0^1 [y] \Big|_0^{(1-x^2)^{\frac{1}{2}}} dy dx$$

$$= \int_0^1 \sqrt{1-x^2} dx$$



$$= \int_{\frac{\pi}{2}}^0 -\sin^2 \theta d\theta$$

$$\frac{\sqrt{1-x^2}}{x} = \sin \theta$$

$$= \int_0^{\frac{\pi}{2}} \sin^2 \theta d\theta$$

$$\frac{x}{1} = \cos \theta$$

$$dx = -\sin \theta d\theta$$

$$\theta = \cos^{-1}(x)$$

$$= \int_0^{\frac{\pi}{2}} \frac{1-\cos(2\theta)}{2} d\theta$$

$$\begin{aligned} \cos(2\theta) &= \cos^2 \theta - \sin^2 \theta \\ &= 1 - 2\sin^2 \theta \end{aligned}$$

$$= \left[\frac{x}{2} - \frac{\sin(2x)}{4} \right] \Big|_0^{\frac{\pi}{2}} = \frac{\cos(2x)-1}{-2} = \sin^2 \theta$$

$$= \left[\frac{\pi}{4} - 0 \right] - (0 - 0) = \frac{\pi}{4}$$

$$8. x+y, 3x+4y=10 \rightarrow \begin{cases} (10, 2-5y) \\ (\frac{10}{3}, 1) \end{cases}$$

$$y = -\frac{3x+10}{4}$$

$$\iint_D (x^2+y^2) dA = \int_0^3 \int_0^{\frac{-3x+10}{4}} (x^2+y^2) dx dy$$

$$\begin{aligned}
 &= \int_0^{\frac{10}{3}} \left[\frac{x^3}{3} + x^2 y \right] \Big|_{-\frac{3}{4}x + \frac{10}{4}}^{0} dy \\
 &= \int_0^{\frac{10}{3}} \left[\frac{1}{3} \left(\frac{10}{3} \right)^3 + y^2 \cdot \frac{40}{3} \right] - (0+0) dy \\
 &= \int_0^{\frac{10}{3}} \left(\frac{10}{3} \right)^3 (x^2 + y^2) dy
 \end{aligned}$$

$$= \int_0^{\frac{10}{3}} \int_0^{\frac{-3}{4}x + \frac{10}{4}} (x^2 + y^2) dy dx$$

$$= \int_0^{\frac{10}{3}} \left[\frac{y^3}{3} + y^2 y \right] \Big|_0^{-\frac{3}{4}x + \frac{10}{4}} dx$$

$$= \int_0^{\frac{10}{3}} \left(\frac{(-\frac{3}{4}x + \frac{10}{4})^3}{3} + x^2 \cdot (-\frac{3}{4}x + \frac{10}{4}) \right) dx$$

Let

$$= \int_0^{\frac{10}{3}} \frac{(-\frac{3}{4}x + \frac{10}{4})^3}{3} dx + \int_0^{\frac{10}{3}} x^2 \left(-\frac{3}{4}x + \frac{10}{4} \right) dx$$

Let $\frac{-3}{4}x + \frac{10}{4} = u$

$$\begin{aligned} -\frac{3}{4}dx = du \\ dx = \frac{4}{3}du \end{aligned}$$

$$= \int_0^0 \frac{4}{3} \cdot \frac{u^3}{3} du + \int_0^{\frac{10}{3}} (x^2) \left(-\frac{3}{4}x + \frac{10}{4} \right) dx$$

$$= +\frac{4}{9} \int_0^{\frac{10}{3}} u^3 du + \int_0^{\frac{10}{3}} (x^2) \left(-\frac{3}{4}x + \frac{10}{4} \right) dx$$

$$\begin{aligned}
 &= \cancel{\frac{1}{9} \int_0^{\frac{10}{3}} x^4 dx} + \cancel{\frac{3}{4} \int_0^{\frac{10}{3}} x^3 dx} + \cancel{\frac{10}{4} \int_0^{\frac{10}{3}} x^2 dx} \\
 &= \frac{(2.5)^4}{9} - \frac{3}{4^2} \left(\frac{10}{3} \right)^{\frac{4}{3}} + \frac{10}{4} \cdot \frac{1}{3} \left(\frac{10}{3} \right)^3 \\
 &= \frac{(2.5)^4}{9} - \frac{3}{16} \cdot \frac{100 \cdot 100^{2/3}}{3^{4/3}} + \frac{10}{4} \cdot \frac{1}{3} \cdot \frac{10^3}{3^3} \\
 &= \frac{2.5^4}{9} - \frac{25^2}{27} + \frac{10^4}{4 \cdot 3^4} \\
 &= \frac{1}{9} \left(\left(\frac{5}{2}\right)^4 - \frac{25^2}{3} + \frac{10^4}{4 \cdot 3^2} \right) \\
 &= \frac{1}{9} \cdot \frac{15625}{144} = \frac{15625}{1296}
 \end{aligned}$$

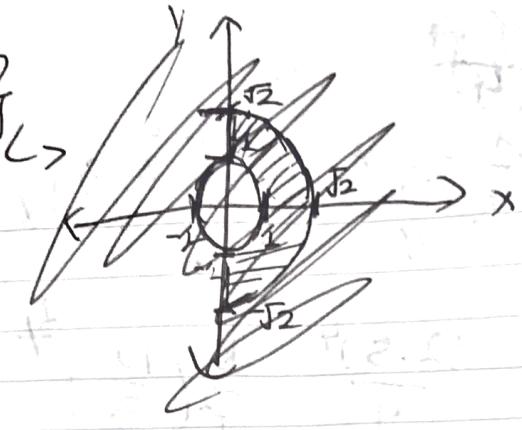
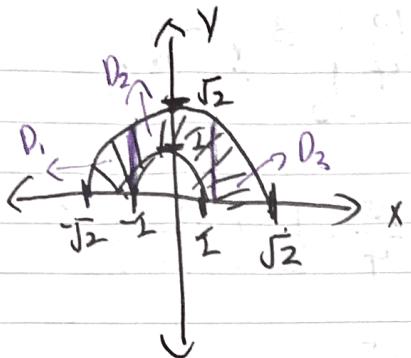
$$\begin{aligned}
 10. \quad &\int_0^1 \int_0^{x^2} (x^2 + xy - y^2) dy dx \\
 &\hookrightarrow D = \left\{ (x, y) \in \mathbb{R}^2 : 0 \leq x \leq 1, 0 \leq y \leq x^2 \right\}
 \end{aligned}$$

$$\begin{aligned}
 &= \int_0^1 \left[x^2 y + \frac{1}{2} x y^2 - \frac{1}{3} y^3 \right] \Big|_0^{x^2} dx \\
 &= \int_0^1 \left[x^4 + \frac{1}{2} x^5 - \frac{1}{3} x^6 \right] dx
 \end{aligned}$$

$$\begin{aligned}
 &= \left. \frac{1}{5} x^5 + \frac{1}{12} x^4 - \frac{1}{21} x^7 \right|_0^1 = \frac{17 \cdot 21 - 60}{60 \cdot 21} = \frac{297}{1260} = \frac{33}{140}
 \end{aligned}$$

$$11. D = \{1 \leq x^2 + y^2 \leq 2, y \geq 0\}$$

\hookrightarrow



$$\hookrightarrow D = D_1 \cup D_2 \cup D_3, \text{ where}$$

$$D_1 = -\sqrt{2} \leq x \leq -1, 0 \leq y \leq \sqrt{2-x^2}$$

$$D_2 = -1 \leq x \leq 1, \sqrt{2-x^2} \leq y \leq \sqrt{2-x^2}$$

$$D_3 = 1 \leq x \leq \sqrt{2}, 0 \leq y \leq \sqrt{2-x^2}$$

So D is an y-simple region

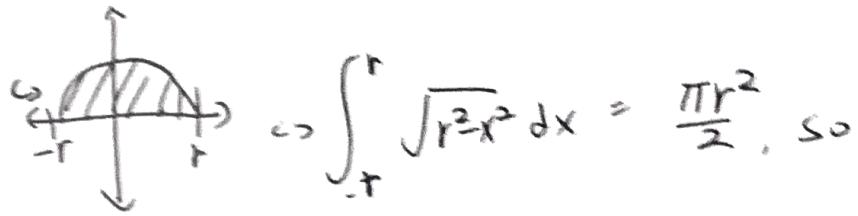
$$= \iint_D f(x, y) dA = \iint_{R_2} f(x, y) dA - \iint_{R_1} f(x, y) dA,$$

where R_2 is the outer side upper semicircle of radius 2,
 R_1 is the inner upper semicircle of radius 1,

$$= \int_{-\sqrt{2}}^{\sqrt{2}} \int_0^{\sqrt{2-x^2}} (1+xy) dy dx - \int_{-1}^1 \int_0^{\sqrt{1-x^2}} (1+xy) dy dx$$

$$= \int_{-\sqrt{2}}^{\sqrt{2}} \left[y + \frac{x^2 y^2}{2} \right]_0^{\sqrt{2-x^2}} dx - \int_{-1}^1 \left[y + \frac{x^2 y^2}{2} \right]_0^{\sqrt{1-x^2}} dx$$

$$= \int_{-\sqrt{2}}^{\sqrt{2}} \left(\sqrt{2-x^2} + \frac{x(\sqrt{2-x^2})^2}{2} \right) dx - \int_{-1}^1 \left(\sqrt{1-x^2} + \frac{x(1-x^2)}{2} \right) dx$$



$$\leftrightarrow \int_{-r}^r \sqrt{r^2 - x^2} dx = \frac{\pi r^2}{2}, \text{ so}$$

$$= \frac{\pi(6)^2}{2} + \int_{-\sqrt{2}}^{\sqrt{2}} \frac{x \cdot (\sqrt{2-x^2})^2}{2} - \left(\frac{\pi(1)^2}{2} \right) - \int_{-1}^1 \frac{x \cdot (\sqrt{1-x^2})^2}{2}$$

↑
odd function

↑
odd function

$$= 6\pi + 6 - \frac{\pi}{2} - 6 = \boxed{\frac{\pi}{2}}$$

12. $\iint_D \cos y \, dx \, dy = \iint_D \cos y \, dy \, dx$

\hookrightarrow

$$= \int_{\pi}^{2\pi} \int_x^{2x} \cos(y) \, dy \, dx$$

$$= \int_{\pi}^{2\pi} [\sin(y)] \Big|_x^{2x} \, dx$$

$$= \int_{\pi}^{2\pi} \sin(2x) - \sin(x) \, dx$$

$$= \left[\frac{1}{2}(\sin(2x)) + \cos(x) \right] \Big|_{\pi}^{2\pi}$$

$$= -\frac{1}{2}(1) + 1 - \left(\frac{1}{2} - 1 \right)$$

$$= \boxed{2}$$

Section 5.4

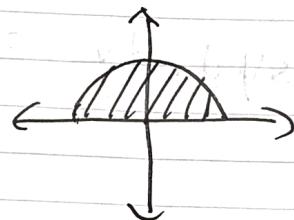
1(a)

$$\iint_D dx dy \Leftrightarrow 0 \leq y \leq 8, \frac{y}{2} \leq x \leq 4$$

\Leftrightarrow since D is simple, we can also describe the region as

$$0 \leq x \leq 4, 0 \leq y \leq 2x, \text{ so}$$

$$\iint_0^{8-y/2} dx dy = \iint_0^4 2x dy dx$$



$$\underline{1(c)}$$

$$\iint_0^4 \int_{-\sqrt{16-y^2}}^{\sqrt{16-y^2}} dx dy \Leftrightarrow$$

$$= \int_0^4 \left(\int_{-\sqrt{16-y^2}}^{\sqrt{16-y^2}} dy \right) dx \quad -\sqrt{16-y^2} \leq x \leq \sqrt{16-y^2}, \quad 0 \leq y \leq 4$$

$x = \sqrt{16-y^2}, \quad 0$

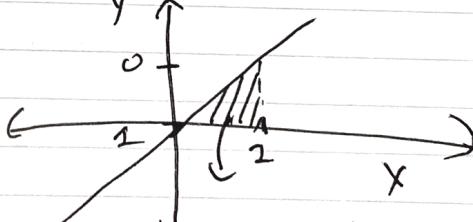
$$y = \sqrt{16-x^2}, \quad -\sqrt{16-x^2} \leq y \leq \sqrt{16-x^2}, \quad -4 \leq x \leq +4$$

$$2. \quad \int_0^1 \int_y^1 \sin(x^2) dx dy \Leftrightarrow \quad y \leq x \leq 1, \quad 0 \leq y \leq 1$$

$$= \int_0^1 \left(\int_0^x \sin(x^2) dy \right) dx$$

$$= \int_0^1 x \cdot \sin(x^2) dx$$

$$\begin{aligned} \text{let } u &= x^2 \\ \frac{du}{dx} &= 2x \end{aligned}$$



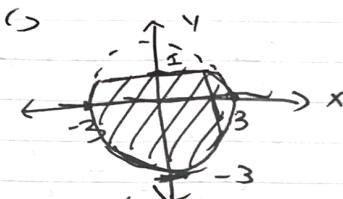
$$0 \leq x \leq 1, \quad 0 \leq y \leq x$$

$$= -\frac{1}{2} \cos(u) \Big|_0^1$$

$$= -\frac{1}{2} (\cos(1) - 1) = \frac{1 - \cos(1)}{2}$$

4(b)

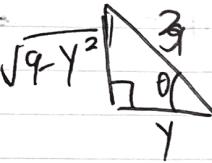
$$\int_{-3}^1 \int_{-\sqrt{9-y^2}}^{\sqrt{9-y^2}} x^2 dx dy \quad \begin{matrix} -\sqrt{9-y^2} \leq x \leq \sqrt{9-y^2} \\ -3 \leq y \leq 1 \end{matrix}$$



$$= \frac{1}{3} \int_{-3}^1 2(\sqrt{9-y^2})^3 dy$$

$$\begin{matrix} z \leq x \leq 3 \\ z \leq y \leq \sqrt{9-x^2} + 1 \end{matrix}$$

$$= \frac{2}{3} \int_{-3}^1 (9-y^2)^{\frac{3}{2}} dy$$



$$\frac{\sqrt{9-y^2}}{3} = \sin \theta$$

$$\frac{y}{3} = \cos \theta$$

$$y = 3 \cos \theta$$

$$dy = -3 \sin \theta d\theta$$

$$= \frac{2}{3} \int_{-3}^1 (3 \sin \theta)^3 \cdot (-3)(\sin \theta) d\theta$$

$$\begin{matrix} \sqrt{9-y^2} = 3 \sin \theta \\ (9-y^2)^{\frac{3}{2}} = (3 \sin \theta)^3 \end{matrix}$$

$$\cos^{-1}\left(\frac{y}{3}\right) = \theta$$

$$= 3^4 \cdot \frac{2}{3} \int_{\arccos(\frac{1}{3})}^{\pi} (\sin \theta)^4 d\theta$$

$$\begin{matrix} -3 \rightarrow \pi \\ 1 \rightarrow \arccos\left(\frac{1}{3}\right) \end{matrix}$$

$$\cos^{-1}\left(\frac{1}{3}\right) = \theta$$

$$= 54 \cdot \int_{\arccos(\frac{1}{3})}^{\pi} \sin^4 \theta d\theta$$

$$\int \sin^4 \theta d\theta = \int \sin^4 \theta d\theta$$

I

$$= \int \sin^2 \theta (1 - \sin^2 \theta) d\theta + \int \sin^2 \theta \cdot \cos^2 \theta d\theta$$

$$\cos^2 \theta = \frac{1 + \cos(2\theta)}{2}$$

$$\sin^2 \theta = \frac{1 - \cos(2\theta)}{2}$$

$$= \frac{1}{4} \int 1 = \cos^2(2\theta) d\theta$$

$$= \frac{1}{4} \int 1 - \frac{1}{4} \int \frac{1 + \cos(4\theta)}{2} d\theta$$

$$= \frac{1}{4}\theta - \frac{1}{8}\theta - \frac{1}{8} \int \cos(4\theta) d\theta$$

$$= \frac{1}{4}\theta - \frac{1}{8}\theta - \frac{1}{32} \sin(4\theta)$$

we know also

$$\int \sin^2 \theta d\theta = \int \frac{1 - \cos(2\theta)}{2} d\theta = \frac{1}{2}\theta - \frac{1}{4} \cdot \sin(2\theta)$$

so

$$\int \sin^4 \theta d\theta = \frac{1}{2}\theta - \frac{1}{4} \sin(2\theta) - \left(\frac{1}{4}\theta - \frac{1}{8}\theta - \frac{1}{32} \sin(4\theta) \right)$$

$$= \frac{1}{32} \sin(4\theta) - \frac{1}{4} \sin(2\theta) + \frac{3}{8}\theta$$

$$= \frac{\sin(4\theta) - 8 \sin(2\theta) + 12\theta}{32} + C$$

$$54 \int_{\arccos(\frac{1}{3})}^{\pi} \sin^4 \theta d\theta$$

$$= 54 \left(\frac{0 - 0 + 12\pi}{32} - \left(\frac{\sin(4\arccos(\frac{1}{3})) - 8\sin(2\arccos(\frac{1}{3})) + 12\arccos(\frac{1}{3})}{32} \right) \right)$$

$$= \frac{81}{4}\pi - \frac{27}{16}(\sin(4\arccos(\frac{1}{3})) - 8\sin(2\arccos(\frac{1}{3})) + 12\arccos(\frac{1}{3}))$$

$$\approx 48.825$$

4(c)) $\int_0^1 \int_{\sqrt{1-x}}^{2x} e^{x^2} dx dy$

$$= \int_0^2 \int_0^{2x} e^{x^2} dy dx$$

$$\begin{aligned} \frac{y}{2} &\leq x \leq 2 \\ 0 &\leq y \leq 1 \end{aligned}$$

$$= \int_0^{2x} \int_0^{2x} dy dx$$

$$\begin{aligned} 2x &\leq y \leq 2x \\ 0 &\leq x \leq 2 \end{aligned}$$

$$= \int_0^2 e^{x^2} 2x dx$$

$$\begin{aligned} \text{let } u &= x^2 \\ du &= 2x dx \end{aligned}$$

$$= \int_0^4 e^u du$$

$$= e^4 - 1$$

7.

$$f(x, y) = e^{\sin(x+y)}, \quad D = [-\pi, \pi] \times [-\pi, \pi]$$

Show all,

$$\frac{1}{e} \leq \frac{1}{4\pi^2} \iint_D f(x, y) dA \leq e,$$

~~By Fubini's theorem since $f(x, y)$ is continuous over rectangle D , we have:~~

$$\frac{1}{4\pi^2} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} e^{\sin(x+y)} dx dy, \text{ notice that}$$

$$-1 \leq \sin(x+y) \leq 1 \quad \text{for all } (x, y) \in D, \text{ so}$$

and $f(z) = e^z$ is an increasing function on \mathbb{R} , so

for every $(x, y) \in D$,

$$e^{-1} \leq e^{\sin(x+y)} \leq e^1, \text{ therefore, we have}$$

$$\frac{1}{4\pi^2} A \cdot \frac{1}{e} \leq \frac{1}{4\pi^2} \iint_D f(x, y) dA \leq \frac{1}{4\pi^2} A \cdot e$$

since A is ~~not~~ $2\pi \times 2\pi = 4\pi^2$, we have

$$\frac{1}{e} \leq \frac{1}{4\pi^2} \iint_D f(x, y) dA \leq e \quad \text{by}$$

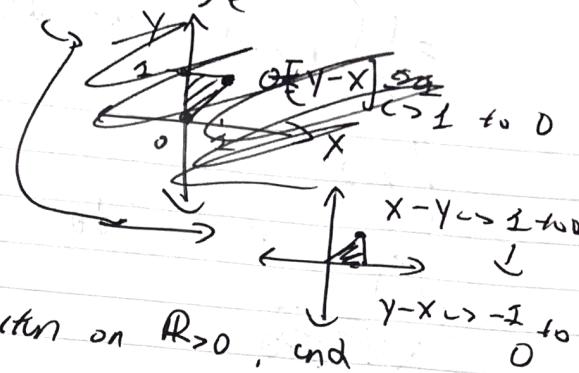
Mean Value Inequality

10. Show

$$\frac{1}{6} \leq \iint_D \frac{dA}{y-x+3} \leq \frac{1}{4}$$

where

D is the triangle



so
max(y) over D is 1 , max(x)
By Mean Value Inequality, since

$f(z) = \frac{1}{z}$ is a decreasing function on $R > 0$, and
for all $(x,y) \in D$, we have $-1 \leq y - x \leq 0$, or

$$2 \leq y - x + 3 \leq 3,$$

and the area of D is $\frac{1}{2} \cdot 1 = \frac{1}{2}$, so we have

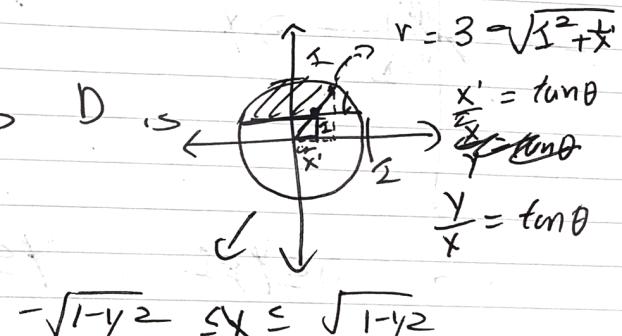
$$A \cdot \frac{1}{3} \leq \iint_D \frac{dA}{y-x+3} \leq A \cdot \frac{1}{2}$$

or

$$\frac{1}{6} \leq \iint_D \frac{dA}{y-x+3} \leq \frac{1}{4}$$

$$15. \iint_D y^3 (x^2 + y^2)^{-\frac{3}{2}} dx dy \hookrightarrow D \text{ is}$$

$$= \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \int_{-\sqrt{1-y^2}}^{\sqrt{1-y^2}} (x^2 + y^2)^{-\frac{3}{2}} dx dy$$



$$\int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \int_{-\sqrt{1-y^2}}^{\sqrt{1-y^2}} y^3 (x^2 + y^2)^{-\frac{3}{2}} dx dy$$

$$\frac{1}{2} \leq y \leq 1$$

$$x^2 + y^2 = r^2$$

$$x = r \cos \theta$$

$$y = r \sin \theta,$$

$$dA = r dr d\theta$$

$$= \iiint r \sin^3 \theta \ dr \ d\theta$$

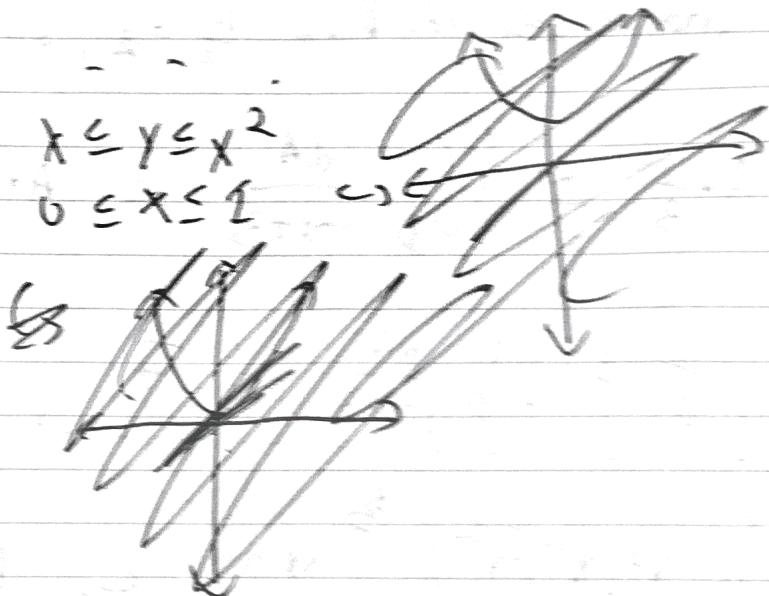
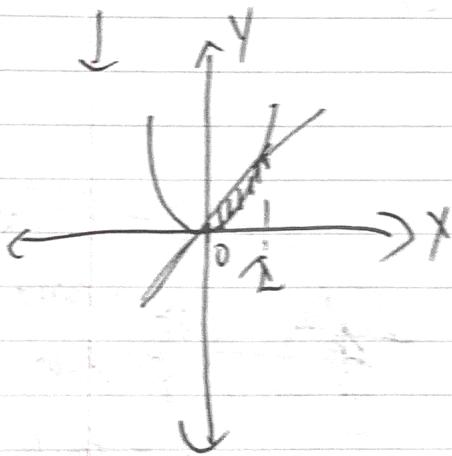
$$\sqrt{1-y^2}$$

$$= \int_0^{\pi} \int_{\frac{\pi}{2}}^{\frac{3}{2}\pi} r \ dr \ d\theta$$

$$r = [3, \tan \theta]^{3\sqrt{1+\frac{1}{\tan^2 \theta}}}$$

$$= \int_0^{\pi} \frac{1}{6} \cdot \left(9 - 1 + \frac{1}{\tan^2 \theta} \right) dr \ d\theta$$

16. $D = \boxed{[0, 1] \times [x^2, x]}$



$$\Rightarrow 0 \leq y \leq x, \quad y \leq x \leq \sqrt{y}, \text{ so}$$

$$\iint_D f(x, y) \ dx \ dy = \int_0^1 \left[\int_{y^2}^{\sqrt{y}} f(x, y) \ dx \right] \ dy$$

Section 5.5

2.

$$\iiint_D w \sin(x) dx dy dz$$

$$= \int_0^x \int_0^1 \int_0^\pi \sin(x) dx dy dz$$

, since $0 \leq x \leq \pi$,

tend

$0 \leq z \leq x$, hence

$0 \leq z \leq \pi$, so

$$= \int_0^1 \int_0^\pi \sin(x) \int_0^x dz dx dy$$

$$= \int_0^1 \int_0^\pi \sin(x) x dx dy$$

$$\begin{array}{c|cc} D & I \\ \hline x & \sin(x) \\ 1 & -\cos(x) \end{array}$$

$$\left. x \cos(x) - 1 \right|_0^\pi$$

$$C = \pi$$

$$4. \iiint_D e^{-xy} y dx dy dz$$

$$= \int_0^1 \int_0^1 \left[-\frac{1}{x} \cdot e^{-xy} \cdot y \right] \Big|_0^1 dy dz$$

$$= \int_0^1 \int_0^1 (-e^{-y} - 1) dy dz$$

$$= \int_0^1 t e^{-t} - t - (1) dt$$

$$= \left(\frac{1}{e} \right)$$

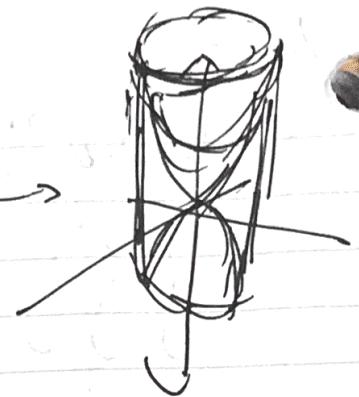
$$7. \quad z = \sqrt{x^2 + y^2}, \quad z = x^2 + y^2,$$

Elementary Region

$$x^2 + y^2 \leq z \leq \sqrt{x^2 + y^2},$$

$$-\sqrt{1-y^2} \leq x \leq \sqrt{1-y^2},$$

$$-1 \leq y \leq 1$$



11.

~~$$\text{Vz} \Leftrightarrow x^2 + y^2 \leq z \leq 10 - x^2 - 2y^2$$~~

$$-\sqrt{(10-2x^2)/3} \leq y \leq \sqrt{(10-2x^2)/3},$$

$$-\sqrt{5} \leq x \leq \sqrt{5},$$

$$\iiint_{\omega} dx dy dz = \int_{-\sqrt{5}}^{\sqrt{5}} \int_{-\sqrt{\frac{10-2x^2}{3}}}^{\sqrt{\frac{10-2x^2}{3}}} \int_{-\sqrt{\frac{10-2x^2-2y^2}{3}}}^{\frac{10-x^2-2y^2}{3}} dz dy dx$$

$$= \int_{-\sqrt{5}}^{\sqrt{5}} \left(\int_{-\sqrt{\frac{10-2x^2}{3}}}^{\sqrt{\frac{10-2x^2}{3}}} (10-2x^2-3y^2) dy \right) dx$$

$$= \int_{-\sqrt{5}}^{\sqrt{5}} 2 \left(\frac{(10-2x^2)^{3/2}}{\sqrt{3}} \Big|_{-1}^{1} - \frac{(10-2x^2)^{3/2}}{3^{3/2}} \right) dx$$

$$= \frac{2}{\sqrt{3}} \int_{-\sqrt{5}}^{\sqrt{5}} (10-2x^2)^{3/2} - \frac{1}{3} (10-2x^2)^{3/2} dx$$

$$= \frac{4}{3\sqrt{3}} \cdot \int_{-\sqrt{5}}^{\sqrt{5}} (10 - 2x^2)^{3/2} dx, \quad \text{let } \sqrt{5} \sin(\theta) = x$$

$$= \frac{4}{3\sqrt{3}} \int_{-\pi}^{\pi} (10 - 10\sin^2\theta)^{3/2} \cdot \sqrt{5} \cos\theta d\theta$$

$$= \frac{4}{3\sqrt{3}} \cdot 10^{3/2} \cdot \sqrt{5} \cdot \int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \cos^4(\theta) d\theta$$

$$= \frac{4}{3\sqrt{3}} \cdot 10^{3/2} \cdot \sqrt{5} - 2 \int_0^{\frac{\pi}{2}} \cos^4(\theta) d\theta,$$

~~Integrate~~ ~~$\int \cos^4(10\sqrt{3}\theta) d\theta$~~

$$14. \quad \Leftrightarrow -a \leq x \leq a, \quad -\sqrt{a^2 - x^2} \leq y \leq \sqrt{a^2 - x^2},$$

$$\Leftrightarrow \int_{-a}^a \int_{-\sqrt{a^2 - x^2}}^{\sqrt{a^2 - x^2}} \int_{-\sqrt{a^2 - y^2}}^{\sqrt{a^2 - y^2}} dz dy dx$$

$$= \int_{-a}^a \int_{-\sqrt{a^2 - x^2}}^{\sqrt{a^2 - x^2}} 2 \cdot \sqrt{a^2 - x^2} dy dx$$

$$= \int_a^a (2 \cdot \sqrt{a^2 - x^2})^2 dx$$

$$= 4 \int_{-a}^a (a^2 - x^2) dx$$

$$= 4 \cdot \left(a^2 \cdot x - \frac{x^3}{3}\right) \Big|_{-a}^a = 4 \cdot \left(\frac{4a^3}{3}\right)$$

$$= \frac{16a^3}{3}$$

16.

$$\begin{aligned}
 & \iiint_0^x \int_0^y (y+xz) dz dy dx \\
 &= \int_0^1 \int_0^x \left[yz + x \left(\frac{1}{2} z^2 \right) \right]_0^y dy dx \\
 &= \int_0^1 \int_0^x y^2 + x \frac{y^2}{2} dy dx \\
 &= \int_0^1 \left(\frac{y^3}{3} + x \cdot \frac{y^3}{6} \right) \Big|_0^x dx \\
 &= \int_0^1 \frac{x^3}{3} + \frac{x^4}{6} dx \\
 &= \underline{\underline{\frac{1}{12} + \frac{1}{30} = \frac{7}{60}}}
 \end{aligned}$$

22. $\iiint (x^2+y^2) dx dy dz$

For the pyramid, we have



$$\begin{aligned}
 & \hookrightarrow 0 \leq z \leq 1, 0 \leq y \leq 1-z, 0 \leq x \leq 1-z, \\
 &= \int_0^1 \int_0^{1-z} \int_0^{1-z} (x^2+y^2) dx dy dz \\
 &= \int_0^1 \int_0^{1-z} \left[\frac{x^3}{3} + y^2 x \right] \Big|_0^{1-z} dy dz \\
 &= \int_0^1 \int_0^{1-z} \left(\frac{(1-z)^3}{3} + (1-z)y^2 \right) dy dz
 \end{aligned}$$

$$\begin{aligned}
 &= \int_0^1 \left(\frac{1-z}{3} \right)^4 + \frac{(1-z)^4}{3} dz \\
 &= \frac{2}{3} \int_0^1 (1-z)^4 dz \\
 &= \frac{2}{3} \cdot \frac{1}{5} \left| (1-z)^5 \right|_0^1 \\
 &= \frac{2}{3} \cdot \frac{1}{5} \cdot (1) = \boxed{\frac{2}{15}}
 \end{aligned}$$

30. ~~(a)~~: $x=0, y=0, z=0, \quad x+y=1, \quad z=x+y$
 $y=1-x$

$$\begin{aligned}
 (a) &\int_0^1 \int_0^{1-x} \int_0^{x+y} dz dy dx \\
 &= \int_0^1 \int_0^{1-x} (x+y) dy dx \\
 &= \int_0^1 \left(\frac{(1-x)^2}{2} + x(1-x) \right) dx
 \end{aligned}$$

$$= \cancel{\int_0^1 (1-x)^2 dx} \cancel{\frac{1}{2} \int_0^1 3x dx} \quad \underline{\frac{1}{3}} \quad ?$$

$$(b) \int_0^1 \int_0^{1-x} \int_0^{x+y} x dx dy dz = (c) \int_0^1 \int_0^{1-x} \int_0^{x+y} y dy dz$$