$$\int_{-\frac{\pi}{2}}^{\frac{\pi}{2}} \frac{1}{\sin \theta} \cos \theta d\theta = -\frac{1}{2} \int_{0}^{\frac{\pi}{2}} \frac{1}{\sin \theta} d\theta = -\frac{1}{2} \int_{0}^{\frac{\pi}{2}} \frac{1}{3} \int_{0}^{\frac{$$