Question 1

$$T(x,y) = 2x^2 - 2xy + 2x - 3y^2 + 7y$$



a) The grad T is

$$\mathbf{grad} T = \frac{\partial T}{\partial x}\mathbf{i} + \frac{\partial T}{\partial y}\mathbf{j}$$

$$\implies = (4x - 2y + 2)\mathbf{i} + (-2x - 6y + 7)\mathbf{j}$$

so at point (-1,1)

$$\operatorname{grad} T(-1,1) = (4(-1) - 2(1) + 2)\mathbf{i} + (-2(-1) - 6(1) + 7)\mathbf{j}$$

$$\implies = (-4 - 2 + 2)\mathbf{i} + (2 - 6 + 7)\mathbf{j}$$

$$\implies = -4\mathbf{i} + 3\mathbf{j}$$

b) The derivative of a scalar field f in a direction specified by a unit vector $\hat{\mathbf{d}}$ is given by $\mathbf{grad} \ f \cdot \hat{\mathbf{d}}$. We are given that $\mathbf{d} = \mathbf{i} + \mathbf{j}$, so

$$\begin{split} \hat{\mathbf{d}} &= \frac{\mathbf{d}}{|\mathbf{d}|} \\ \Longrightarrow &= \frac{\mathbf{i} + \mathbf{j}}{\sqrt{1^2 + 1^2}} \end{split}$$

Hence,

$$\hat{\mathbf{d}} = \frac{\mathbf{i} + \mathbf{j}}{\sqrt{2}}$$

So, the derivative of T at the point (-1,1) is

$$\operatorname{grad} T(-1,1) \cdot \hat{\mathbf{d}} = (-4\mathbf{i} + 3\mathbf{j}) \cdot \frac{\mathbf{i} + \mathbf{j}}{\sqrt{2}}$$

$$\Longrightarrow = (\frac{-4}{\sqrt{2}} + \frac{3}{\sqrt{2}})$$

$$= \frac{-1}{\sqrt{2}}$$

c) The maximum rate of rate of change in temperature at the point (-1,1) is given by

$$|\operatorname{grad} T(-1,1)| = |-3\mathbf{i} + 4\mathbf{j}|$$

$$\implies = \sqrt{(-3)^2 + 4^2}$$

$$\implies = 5$$

The direction is given by

$$\frac{\operatorname{\mathbf{grad}} T(-1,1)}{|\operatorname{\mathbf{grad}} T(-1,1)|} = \frac{-3\mathbf{i} + 4\mathbf{j}}{5}$$

d) Substituting x = -1 and y = 1 into

$$T(x,y) = 2x^2 - 2xy + 2x - 3y^2 + 7y$$

gives

$$t(-1,1) = 2(-1)^2 - 2(-1)(1) + 2(1) - 3(1) + 7(1)$$

Hence,

$$T(-1,1) = 6$$

Therefore, the point (-1,1) is on the contour T=6.

Now we need to find the equation of the tangent of the contour at T=6 at (-1,1).

We know that the **grad** $T(-1,1) = -4\mathbf{i} + 3\mathbf{j}$, which is perpendicular to the tangent line to the contour at (-1,1).

Note, the derivative of f does not change along the contour curve, now let \mathbf{e} , be a vector tangent to the contour curve at (-1,1), then we have,

$$\mathbf{grad} \ T(-1,1) \cdot \mathbf{e} = 0$$

$$\implies (-4\mathbf{i} + 3\mathbf{j}) \cdot \mathbf{e} = 0$$

$$\implies (-4\mathbf{i} + 3\mathbf{j}) \cdot (e_1\mathbf{i} + e_2\mathbf{j}) = 0$$

$$\implies -4e_1 + 3e_2 = 0$$

therefore, the vector $\mathbf{e} = 3\mathbf{i} + 4\mathbf{j}$ is parallel to the line forming the tangent.



The equation of the tangent is of the form y = mx + c. From **e** we know the gradient of the tangent is 4/3, and as the point passes through (-1,1) then c = 7/3. Hence, the equation of the tangent to the contour T = 6 at (-1,1) is

$$y = \frac{4}{3}x + \frac{7}{3}$$

Question 2

$$h(x,y,z) = \frac{1}{\sqrt{x^2 + y^2 + z^2}} + z$$

a) To convert this scalar field into cylindrical coordinates we can use equations (13) and (14) from Unit 15, i.e.

$$\rho = \sqrt{x^2 + y^2}$$

and

$$z = z$$

hence

b) Using equation (24) from Unit 15

$$\mathbf{grad}\,h = \mathbf{e}_p \frac{\partial h}{\partial \rho} + \mathbf{e}_\phi \frac{1}{\rho} \frac{\partial h}{\partial \phi} + \mathbf{e}_z \frac{\partial h}{\partial z}$$

Note that

$$\frac{\partial h}{\partial \phi} = 0 \qquad \qquad \checkmark$$

Now,

$$\frac{\partial h}{\partial \rho} = -\frac{\rho}{\left(\rho^2 + z^2\right)^{3/2}}$$

and,

$$\frac{\partial h}{\partial z} = 1 - \frac{z}{(\rho^2 + z^2)^{3/2}}$$

Hence, in cylindrical coordinates

$$\operatorname{grad} h = -\frac{\rho}{(\rho^2 + z^2)^{3/2}} \mathbf{e}_{\rho} + \left(1 - \frac{z}{(\rho^2 + z^2)^{3/2}}\right) \mathbf{e}_z$$

c) Using equations (28) and (29) from Unit 15 then in spherical coordinates the scalar field,

$$z = r \cos \theta$$

and

$$r = \sqrt{x^2 + y^2 + z^2}$$

hence

$$h(r,\theta,\phi) = \frac{1}{r} + r\cos\theta \qquad \qquad \qquad \frac{2}{2}$$

d) The gradient function in spherical coordinates of a scalar field is given by equation (36) from Unit 15

$$\mathbf{grad}\,h = \mathbf{e}_r \frac{\partial h}{\partial r} + \mathbf{e}_\theta \frac{1}{r} \frac{\partial h}{\partial \theta} + \mathbf{e}_\phi \frac{1}{r\sin\theta} \frac{\partial h}{\partial \phi}$$

Note that

$$\frac{\partial h}{\partial \phi} = 0$$

Now,

$$\frac{\partial h}{\partial r} = -\frac{1}{r^2} + \cos\theta \qquad \checkmark$$

and

$$\frac{\partial h}{\partial \theta} = -r \sin \theta$$

hence

$$\operatorname{\mathbf{grad}} h = \left(\cos \theta - \frac{1}{r^2}\right) \mathbf{e}_r - \mathbf{e}_\theta \sin \theta$$

The $|\operatorname{\mathbf{grad}} h|$ is the same as the magnitude of the e_r component, hence

$$|\operatorname{grad} h| = \left|\cos \theta - \frac{1}{r^2}\right| \times \frac{0}{1 + \left(-\frac{1}{r}\right)^2} = \sqrt{1 - \frac{2 \ln \theta}{r^2} + \frac{1}{r^4}}$$

Question 3

(3)

Evaluate the scalar line integral of the vector field

$$\mathbf{F}(x, y, z) = 2y\mathbf{i} - 2x\mathbf{j} + z^2\mathbf{k}$$

around the closed circular path C of radius 1 centred at the point (1,0,2) defined by the parametric equations

$$x = \cos t + 1$$
, $y = \sin t$, $z = 2$, for $0 \le t \le 2\pi$

Using equation (27) of Unit 16

$$\int_{C} \mathbf{F}(\mathbf{r}) \cdot d\mathbf{r} = \int_{t_0}^{t_1} \mathbf{F}(t) \cdot \frac{d\mathbf{r}}{dt} dt$$

Substituting gives,

$$\int_{0}^{2\pi} (2y\mathbf{i} - 2x\mathbf{j} + z^{2}\mathbf{k}) \cdot \frac{d\mathbf{r}}{dt} dt$$

$$\Rightarrow \int_{0}^{2\pi} (2y\mathbf{i} - 2x\mathbf{j} + z^{2}\mathbf{k}) \cdot (-\mathbf{i}\sin t + \mathbf{j}\cos t) dt$$

$$\Rightarrow \int_{0}^{2\pi} (2\mathbf{i}\sin t - (2\cos t + 1)\mathbf{j} + 2^{2}\mathbf{k}) \cdot (-\mathbf{i}\sin t + \mathbf{j}\cos t) dt$$

$$\Rightarrow -2 \int_{0}^{2\pi} \sin^{2} t + (\cos^{2} t - \frac{1}{2}\cos t) dt$$

$$\Rightarrow -2 \int_{0}^{2\pi} 1 - \frac{1}{2}\cos t dt$$

$$\Rightarrow -2 \left[t - \frac{1}{2}\sin t\right]_{0}^{2\pi}$$

$$= -4\pi \quad \text{at } \sin^{2} t = \sin^{2} t = \sin^{2} t \cos^{2} t$$

As the curve is closed and,

 $\oint_C \mathbf{F} \cdot d\mathbf{r} \neq 0$

then vector field is not conservative

2/2

Question 4

$$F(x, y, z) = (2xz^2 - 2yz)\mathbf{i} + (-2xz + 1)\mathbf{j} + (2x^2z - 2xy)\mathbf{k}$$

a) Using equation (14) from Unit 16

$$\mathbf{Curl}\,\mathbf{F} = \left(\frac{\partial F_3}{\partial y} - \frac{\partial F_2}{\partial z}\right)\mathbf{i} + \left(\frac{\partial F_1}{\partial z} - \frac{\partial F_3}{\partial x}\right)\mathbf{j} + \left(\frac{\partial F_2}{\partial x} - \frac{\partial F_1}{\partial y}\right)\mathbf{k}$$

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We have

$$F_1 = 2xz^2 - 2yz$$

$$F_2 = -2xz + 1$$

$$F_3 = 2x^2z - 2xy$$

so,

$$\frac{\partial F_1}{\partial y} = -2z , \frac{\partial F_1}{\partial z} = 4xz - 2y$$

$$\frac{\partial F_2}{\partial x} = -2z , \frac{\partial F_2}{\partial z} = -2x$$

$$\frac{\partial F_3}{\partial x} = -4xz - 2y , \frac{\partial F_3}{\partial y} = -2x$$

Substituting gives

As the $\operatorname{Curl} \mathbf{F} = 0$ then \mathbf{F} is conservative.

- b) Using Procedure 1 on page 94, then
- 1. Using the parameterization of C from (0,0,0) to the general point (a,b,c) by

$$\mathbf{r} = at\mathbf{i} + bt\mathbf{j} + ct\mathbf{k} \qquad (0 \le t \le 1)$$

So,

$$\frac{d\mathbf{r}}{dt} = a\mathbf{i} + b\mathbf{j} + c\mathbf{k} \qquad \checkmark$$

then

$$\int_{C} F \cdot d\mathbf{r} = \int_{0}^{1} \left(2atc^{2}t^{2} - 2btct \right) \mathbf{i} + \left(-2atct + 1 \right) \mathbf{j} + \left(2a^{2}t^{2}ct - 2atbt \right) \mathbf{k} \right) \cdot \frac{d\mathbf{r}}{dt} dt$$

$$\implies = \int_{0}^{1} \left(2a^{2}c^{2}t^{3} - 2abct^{2} \right) + \left(-2abct^{2} + b \right) + \left(2a^{2}c^{2}t^{3} - 2abct^{2} \right) \right) dt$$

$$\implies = \int_{0}^{1} \left(4a^{2}c^{2}t^{3} - 6abct^{2} + b \right) dt$$

$$\implies = 4a^{2}c^{2} \left[\frac{1}{4}t^{4} \right]_{0}^{1} - 6abc \left[\frac{1}{3}t^{3} \right]_{0}^{1} + b[t]_{0}^{1}$$

$$\implies = a^{2}c^{2} - 2abc + b$$

$$\implies = U(0, 0, 0) - U(a, b, c)$$

Hence the potential function U(x, y, z) is

$$U(x, y, z) = -x^2 z^2 + 2xyz - y$$

c) From part (b) we know that

$$U(x, y, z) = -x^2 z^2 + 2xyz - y$$

and from Eq (7) from Unit 15 that

$$\mathbf{grad}\; U = \frac{\partial U}{\partial x}\mathbf{i} + \frac{\partial U}{\partial y}\mathbf{j} + + \frac{\partial U}{\partial z}\mathbf{k}$$

So, the $-\mathbf{grad}\ U$ is

$$-\mathbf{grad}\; U = (2xz^2 - 2yz)\mathbf{i} + (-2xy + 1)\mathbf{j} + (2x^2 + 2xy)\mathbf{k}$$

Hence

$$F = -\mathbf{grad}\; U$$

Question 5

$$\mathbf{F}(\rho, \phi, z) = \frac{z + \cos \phi}{\rho} \mathbf{e}_{\rho} + 2\rho \sin \phi \, \mathbf{e}_{\phi} + e^{-z} \mathbf{e}_{z}$$

From equation (2) of Unit 16 then

$$\operatorname{div} \mathbf{F} = \nabla \cdot \mathbf{F} = \frac{\partial F_{\rho}}{\partial \rho} + \frac{1}{\rho} F_{\rho} + \frac{1}{\rho} \frac{\partial F_{\phi}}{\partial \phi} + \frac{\partial F_{z}}{\partial z}$$

So from ${\bf F}$

$$F_{\rho} = \frac{z + \cos \phi}{\rho}$$

$$F_{\phi} = 2\rho \sin \phi$$

$$F_{z} = e^{-z}$$

Now the partial derivatives are

$$\frac{\partial F_{\rho}}{\partial \rho} = -\frac{z + \cos \phi}{\rho^2} \checkmark$$

$$\frac{\partial F_{\phi}}{\partial \phi} = 2\rho \cos \phi \checkmark$$

$$\frac{\partial F_z}{\partial z} = -e^{-z} \checkmark$$

Substituting gives

div
$$\mathbf{F} = -\frac{z + \cos\phi}{\rho^2} + \frac{1}{\rho} \times \frac{z + \cos\phi}{\rho} + \frac{1}{\rho} \times 2\rho\cos\phi - e^{-z}$$

Hence

$$\operatorname{div} \mathbf{F} = 2\cos\phi - e^{-z}$$

Question 6

The velocity field ${\bf v}$ is expressed in spherical coordinates as



$$\mathbf{v}(r,\theta,\phi) = r\sin\phi\sin(2\theta)\mathbf{e}_r + r\sin\phi\cos(2\theta)\mathbf{e}_\theta + r\cos\phi\cos\theta\mathbf{e}_\theta$$

From equation (17) of Unit 16, the curl of a vector field $F(r,\theta,\phi) = F_r e_r + F_\theta e_\theta + F_\phi e_\phi$ in spherical coordinates is

$$\nabla \times \mathbf{F} = \left(\frac{1}{r} \frac{\partial F_{\phi}}{\partial \theta} - \frac{1}{r \sin \theta} \frac{\partial F_{\theta}}{\partial \phi} + \frac{\cot \theta}{r} F_{\phi}\right) \mathbf{e}_{r}$$
$$+ \left(-\frac{\partial F_{\phi}}{\partial r} + \frac{1}{r \sin \theta} \frac{\partial F_{r}}{\partial \phi} - \frac{1}{r} F_{\phi}\right) \mathbf{e}_{\theta}$$
$$+ \left(\frac{\partial F_{\theta}}{\partial r} - \frac{1}{r} \frac{\partial F_{r}}{\partial \theta} + \frac{1}{r} F_{\theta}\right) \mathbf{e}_{\phi}$$

Where

$$F_r = r \sin \phi \sin(2\theta)$$

$$F_\theta = r \sin \phi \cos(2\theta)$$

and

$$F_{\phi} = r \cos \phi \cos \theta$$

So the partial derivatives are

$$\frac{\partial F_r}{\partial \theta} = 2r \sin \phi \cos(2\theta) \qquad \frac{\partial F_r}{\partial \phi} = r \cos \phi \sin(2\theta) \qquad \checkmark$$

$$\frac{\partial F_{\theta}}{\partial r} = \sin \phi \cos(2\theta) \qquad \frac{\partial F_{\theta}}{\partial \phi} = r \cos \phi \cos(2\theta) \qquad \checkmark$$

$$\frac{\partial F_{\phi}}{\partial r} = \cos \phi \cos \theta \qquad \frac{\partial F_{\phi}}{\partial \theta} = -r \cos \phi \sin \theta$$

Substituting gives

$$\nabla \times \mathbf{F} = \left(-\frac{r\cos\phi\sin\theta}{r} - \frac{r\cos\phi\cos(2\theta)}{r\sin\theta} + \frac{\cot\theta}{r}r\cos\phi\cos\theta \right) \mathbf{e}_r$$

$$+ \left(-\cos\phi\cos\theta + \frac{r\cos\phi\sin(2\theta)}{r\sin\theta} - \frac{r\cos\phi\cos\theta}{r} \right) \mathbf{e}_\theta$$

$$+ \left(\sin\phi\cos(2\theta) - \frac{2r\sin\phi\cos(2\theta)}{r} + \frac{r\sin\phi\cos(2\theta)}{r} \right) \mathbf{e}_\phi$$

Simplifying

$$= \left(-\cos\phi\sin\theta - \frac{\cos\phi\cos(2\theta)}{\sin\theta} + \cot\theta\cos\phi\cos\theta\right) \mathbf{e}_r$$

$$+ \left(-\cos\phi\cos\theta + \frac{\cos\phi\sin(2\theta)}{\sin\theta} - \cos\phi\cos\theta\right) \mathbf{e}_\theta$$

$$+ \left(\sin\phi\cos(2\theta) - 2\sin\phi\cos(2\theta) + \sin\phi\cos(2\theta)\right) \mathbf{e}_\phi$$

Using the double angle formulae

$$\cos(2\theta) = \cos^2 \theta - \sin^2 \theta \text{ and, } \sin(2\theta) = 2\sin\theta\cos\theta$$

$$\Rightarrow = \left(-\cos\phi\sin\theta - \frac{\cos\phi(\cos^2\theta - \sin^2)}{\sin\theta} + \frac{\cos\phi\cos^2\theta}{\sin\theta}\right) \mathbf{e}_r$$

$$+ \left(-\cos\phi\cos\theta + \frac{2\cos\phi\sin\theta\cos\theta}{\sin\theta} - \cos\phi\cos\theta\right) \mathbf{e}_\theta$$

$$+ (2\sin\phi\cos(2\theta) - 2\sin\phi\cos(2\theta))) \mathbf{e}_\phi$$

$$\Rightarrow = \left(-\cos\phi\sin\theta + \frac{\cos\phi\sin^2\theta}{\sin\theta}\right) \mathbf{e}_r$$

$$+ (-\cos\phi\cos\theta + 2\cos\phi\cos\theta - \cos\phi\cos\theta) \mathbf{e}_\theta$$

$$+ (2\sin\phi\cos(2\theta) - 2\sin\phi\cos(2\theta))) \mathbf{e}_\phi$$

$$\Rightarrow = (-\cos\phi\sin\theta + \cos\phi\sin\theta) \mathbf{e}_r$$

$$+ (-2\cos\phi\cos\theta + 2\cos\phi\cos\theta) \mathbf{e}_\theta$$

$$+ (2\sin\phi\cos(2\theta) - 2\sin\phi\cos(2\theta))) \mathbf{e}_\phi$$

$$\Rightarrow = (\cos\phi\sin\theta + \cos\phi\sin\theta) \mathbf{e}_r$$

$$+ (-2\cos\phi\cos\theta + 2\cos\phi\cos\theta) \mathbf{e}_\theta$$

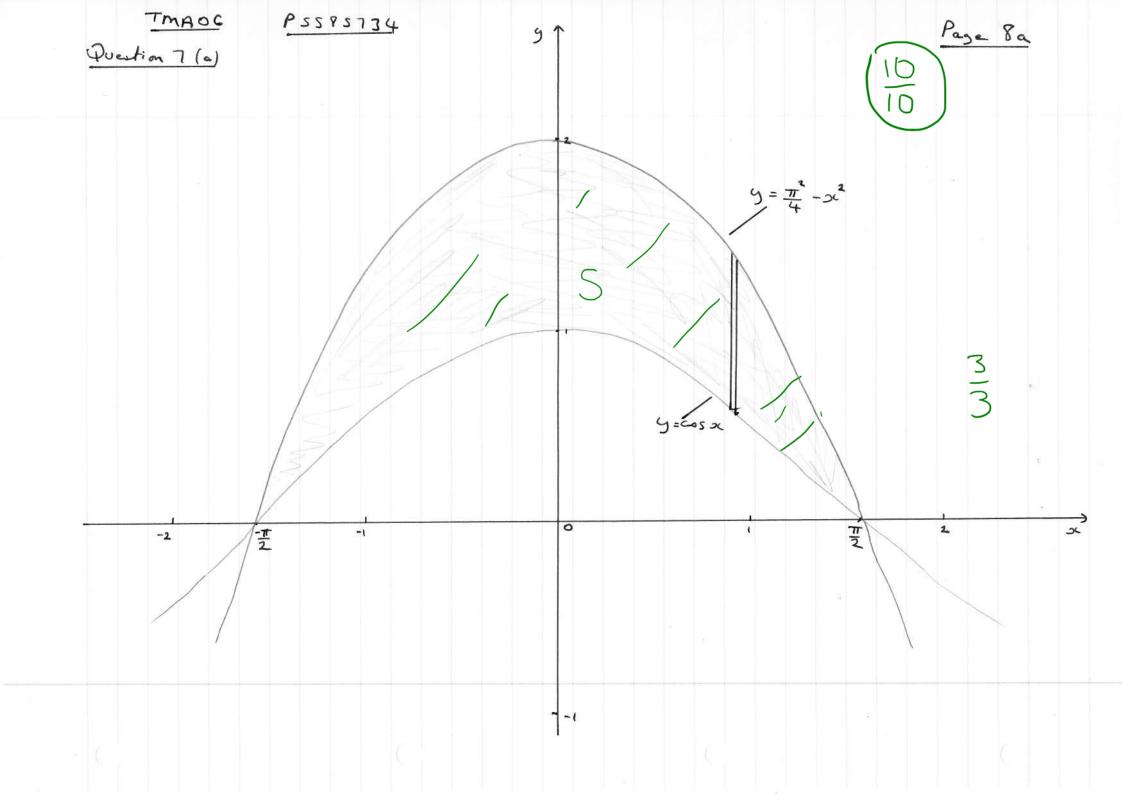
$$+ (2\sin\phi\cos(2\theta) - 2\sin\phi\cos(2\theta))) \mathbf{e}_\phi$$

$$\Rightarrow = \mathbf{0}$$

Hence, because $\nabla \times \mathbf{v} = \mathbf{0}$ then \mathbf{v} is conservative everywhere.

Question 7

a) Please see the enclosed graph. Note, the y-limits are $y = \pi^2/4 - x^2$ and $y = \cos x$



b) Following procedure 1 of Unit 17 from Step 3.

Step 3. The x-limits are $x = \pi/2$ and $x = \pi/2$

Step 4.

$$\int_{S} f(x,y)dA = \int_{x=-\pi/2}^{x=\pi/2} \left(\int_{y=\cos x}^{y=\pi^{2}/4-x^{2}} 1dy \right) dx$$

$$\Rightarrow = \int_{x=-\pi/2}^{x=\pi/2} \left[y \right]_{y=\cos x}^{y=\pi^{2}/4-x^{2}} dx$$

$$\Rightarrow = \int_{x=-\pi/2}^{x=\pi/2} \frac{\pi^{2}}{4} - x^{2} - \cos x \, dx$$

$$\Rightarrow = \left[\frac{\pi^{2}x}{4} - \frac{1}{3}x^{3} - \sin x \right]_{x=-\pi/2}^{x=\pi/2}$$

$$\Rightarrow = \left[\frac{\pi^{3}}{8} - \frac{\pi^{3}}{24} - 1 \right] - \left[-\frac{\pi^{3}}{8} - \frac{\pi^{3}}{24} - (-1) \right]$$

$$\Rightarrow = \left[\frac{3\pi^{3}}{24} - \frac{\pi^{3}}{24} - 1 \right] - \left[-\frac{3\pi^{3}}{24} - \frac{\pi^{3}}{24} - (-1) \right]$$

$$\Rightarrow = \left[\frac{\pi^{3}}{12} - 1 \right] - \left[-\frac{\pi^{3}}{12} + 1 \right]$$

$$\Rightarrow = \left[\frac{\pi^{3}}{6} - 2 \right]$$

$$\approx 3.17 \text{ to 2 d.p.}$$

Question 8

The volume integral in cylindrical coordinates is given by equation (20) of Unit 17

$$\begin{split} M &= \int_B f \, dV = \int_B f(\rho, \phi, z) \rho \, dz \, d\phi \, d\rho \\ &= \int_{\rho=0}^{\rho=a} \left(\int_{\phi=-\pi}^{\phi=\pi} \left(\int_{z=0}^{z=h} f \, \rho \, dz \right) d\phi \right) d\rho \end{split}$$

The question says that the origin is in the centre of the cylinder so z limits are $-\frac{h}{2}$ to $\frac{h}{2}$

Where $f = Dz^2(1 + \cos \phi)$ where D is a constant

$$\Rightarrow = \int_{\rho=0}^{\rho=a} \left(\int_{\phi=-\pi}^{\phi=\pi} \left(\int_{z=0}^{z=h} Dz^2 (1 + \cos \phi) \rho \, dz \right) d\phi \right) d\rho$$

$$\Rightarrow = \int_{\rho=0}^{\rho=a} \left(\int_{\phi=-\pi}^{\phi=\pi} \frac{1}{3} D\rho h^3 (1 + \cos \phi) \, d\phi \right) d\rho$$

$$\Rightarrow = \int_{\rho=0}^{\rho=a} \left[\frac{1}{3} D\rho h^3 (\phi + \sin \phi) \right]_{\phi=-\pi}^{\phi=\pi} d\rho$$

$$\Rightarrow = \int_{\rho=0}^{\rho=a} \frac{2}{3} D\rho h^3 \pi d\rho$$

$$\Rightarrow = \frac{1}{3} \left[D\rho^2 h^3 \pi \right]_{\rho=0}^{\rho=a}$$

Hence, the mass of the cylinder is

$$\Rightarrow M = \frac{1}{3}Da^{2}h^{3}\pi \qquad (7)$$
will be $\frac{1}{12}Da^{2}h^{3}$

Question 9

a) The density of the shell is given as

$$\rho = A(x^2 + y^2)z^2$$

Using equations (26)-(28) of Unit 15

$$\begin{array}{cccc} x = r \sin \theta \cos \phi & \Longrightarrow & x^2 = r^2 \sin^2 \theta \cos^2 \phi \\ y = r \sin \theta \sin \phi & \Longrightarrow & y^2 = r^2 \sin^2 \theta \sin^2 \phi \\ z = r \cos \theta & \Longrightarrow & z^2 \cos^2 \theta \end{array}$$

Substituting gives

$$\rho = A \left(r^2 \sin^2 \theta \cos^2 \phi + r^2 \sin^2 \theta \sin^2 \phi \right) r^2 \cos^2 \theta$$

$$\implies = Ar^4 \left(\sin^2 \theta \cos^2 \phi + \sin^2 \theta \sin^2 \phi \right) \cos^2 \theta$$

$$\implies = Ar^4 \left(\sin^2 \theta \left(\cos^2 \phi + \sin^2 \phi \right) \right) \cos^2 \theta$$

$$\implies = Ar^4 \left(\sin^2 \theta \right) \cos^2 \theta$$

hence as required

$$\rho = Ar^4 \left(1 - \cos^2 \theta\right) \cos^2 \theta \qquad \checkmark$$

b) Using equation (22) from Unit 17

$$M = \int_{B} f \, dv = \int_{B} f(r, \theta, \phi) r^{2} \sin \theta \, d\phi \, d\theta \, dr$$

substituting gives

$$M = A \int_{r=a}^{r=2a} \left(\int_{\theta=0}^{\theta=\pi} \left(\int_{\phi=-\pi}^{\phi=\pi} \left(r^4 (1 - \cos^2 \theta) \cos^2 \theta \right) r^2 \sin \theta \, d\phi \right) d\theta \right) dr$$

$$\implies = A \int_{r=a}^{r=2a} \left(\int_{\theta=0}^{\theta=\pi} \left[\phi \left(r^4 (1 - \cos^2 \theta) \cos^2 \theta \right) r^2 \sin \theta \right]_{\phi=-\pi}^{\phi=\pi} d\theta \right) dr$$

$$\implies = 2\pi A \int_{r=a}^{r=2a} \left(r^6 \int_{\theta=0}^{\theta=\pi} (1 - \cos^2 \theta) \cos^2 \theta \sin \theta \, d\theta \right) dr$$

$$(1)$$

Using the substitution hint, let $u = \cos \theta$ then we can solve the indefinite integral

$$\int (1 - \cos^2 \theta) \cos^2 \theta \sin \theta \, d\theta \tag{2}$$

So differentiating u gives

$$du = -\sin\theta \, d\theta$$

substituting into (2) gives

$$-\int (1-u^2)u^2 du$$

$$\implies \int u^4 - u^2 du$$

$$= \frac{1}{5}u^5 - \frac{1}{3}u^3$$

As $u = \cos \theta$ then

$$\implies \int (1 - \cos^2 \theta) \cos^2 \theta \sin \theta \, d\theta = \frac{1}{5} \cos^5 \theta - \frac{1}{3} \cos^3 \theta$$

Using this result and the limits of θ then

$$\int_{\theta=0}^{\theta=\pi} (1 - \cos^2 \theta) \cos^2 \theta \sin \theta \, d\theta = \left[-\frac{1}{5} + \frac{1}{3} \right] - \left[\frac{1}{5} - \frac{1}{3} \right]$$
$$= \frac{4}{15}$$

Substituting this result into (1)

$$M = 2\pi A \int_{r=a}^{r=2a} \left(r^6 \int_{\theta=0}^{\theta=\pi} (1 - \cos^2 \theta) \cos^2 \theta \sin \theta \, d\theta \right) dr$$

$$\implies = 2\pi A \int_{r=a}^{r=2a} \frac{4}{15} r^6 dr$$

$$\implies = \frac{8}{15} \pi A \left[\frac{1}{7} r^7 \right]_{r=a}^{r=2a}$$

$$\implies = \frac{8}{105} \pi A \left[(2a)^7 - a^7 \right]$$

$$\implies = \frac{8}{105} \pi A \left[127a \right]$$

Hence, the mass of the shell is

$$M = \frac{1016}{105} \pi A a^7$$