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$$\begin{aligned} \int \sin^4 x \, dx &\xrightarrow{\text{Ans}} \int \sin^2 x (\sin^2 x)^2 \\ &= \int \left(\frac{1 - \cos 2x}{2} \right) \left(\frac{1 - \cos 2x}{2} \right)^2 \\ &= \int \left(\frac{1 - \cos 2x}{2} \right) \left(\frac{1 - 2\cos 2x + \cos^2 2x}{4} \right) \\ &= \frac{1}{8} \int 1 - 2\cos 2x + \cos^2 2x - \cos 2x + 2\cos^2 2x - \cos^3 2x \, dx \\ &= \frac{1}{8} \int 1 - 3\cos 2x + 3\cos^2 2x - \cos^3 2x \, dx \\ &= \frac{1}{8} \int 1 - 3\cos 2x + 3 \left[\frac{1 + \cos 4x}{2} \right] - \cos^3 2x \end{aligned}$$

$$\begin{aligned} \int \cos^3 2x &= \cos 2x \cdot \cos^2 2x \, dx \\ &= \cos 2x (1 - \sin^2 2x) \\ u &= \sin 2x \end{aligned}$$

$$\begin{aligned} \frac{du}{dx} &= 2\cos 2x \\ dx &= \frac{du}{2\cos 2x} \end{aligned}$$

$$\frac{1}{2} \int \cos 2x - \cos 2x \cdot \sin^2 2x \cdot \frac{du}{2\cos 2x}$$

$$= \frac{1}{2} \int \cos 2x - \int u^2 \, du$$

$$= \frac{\sin 2x}{4} - \frac{\sin^3 2x}{6} + C$$

$$= \frac{1}{8} \int 1 - 3\cos 2x + 3 \left[\frac{1 + \cos 4x}{2} \right] - \frac{1}{2} \int \cos 2x - u^2 \, du.$$

$$\text{ii) } \int \cos^4 x \sin^3 x \rightarrow \int \cos^3 x \sin^3 x \rightarrow \int \sin^2 x \cos^3 x$$

Solution:

$$\bullet u = \cos x$$

$$\frac{du}{dx} = -\sin x \rightarrow dx = \frac{-du}{\sin x}$$

$$\text{Recall: } \sin^2 + \cos^2 = 1$$

$$\therefore \sin^2 x = 1 - \cos^2 x$$

$$\int \sin^2 x \cos^3 x \cdot \frac{-du}{\sin x} = \frac{-du}{\sin x}$$

$$- \int \sin^2 x \cdot u^3 du$$

$$- \int (1 - \cos^2 x) \cdot u^3 du$$

$$\text{Recall } u = \cos x$$

$$- \int (1 - u^2) \cdot u^3 du$$

$$\int (u^3 - u^5) du$$

$$\int (u^3 - u^5) du$$

$$\frac{u^4}{4} - \frac{u^6}{6} + C \quad \therefore \frac{\cos^4 x}{4} - \frac{\cos^6 x}{6} + C$$

$$\text{iii) } \int \cos x \sin^3 x \quad \therefore u = \sin x$$

$$\frac{du}{dx} = \cos x$$

$$\cos x \cdot \sin^3 x = \sin^2 x$$

$$dx = \frac{du}{\cos x}$$

$$\int \cos x \sin^3 x dx =$$

$$\frac{\cancel{\cos x} \sin^3 x du}{\cancel{\cos x}}$$

$$\Rightarrow \int u^3 du$$

$$= \frac{u^4}{4} + C$$

$$= \frac{\sin^4 x}{4} + C$$