

Sections 5.5-6: Substitution Method - Worksheet Solutions

1. Evaluate the following integrals.

(a) $\int (3x^4 + 6) \sec(x^5 + 10x) dx$

Solution. We substitute $u = x^5 + 10x$, so $du = (5x^4 + 10)dx = 5(x^4 + 2)dx$. We obtain

$$\begin{aligned} \int (3x^4 + 6) \sec(x^5 + 10x) dx &= \int 3 \sec(x^5 + 10x)(x^4 + 2) dx \\ &= \int 3 \sec(u) \frac{1}{5} du \\ &= \frac{3}{5} \int \sec(u) du \\ &= \frac{3}{5} \ln |\sec(u) + \tan(u)| + C \\ &= \boxed{\frac{3}{5} \ln |\sec(x^5 + 10x) + \tan(x^5 + 10x)| + C}. \end{aligned}$$

(b) $\int \frac{dx}{x\sqrt{3\ln(x) + 5}}$

Solution 1. We substitute $u = 3\ln(x) + 5$, so $du = \frac{3}{x}dx$, which gives $\frac{dx}{x} = \frac{du}{3}$. Therefore,

$$\begin{aligned} \int \frac{dx}{x\sqrt{3\ln(x) + 5}} &= \int \frac{du}{3\sqrt{u}} \\ &= \frac{2}{3}\sqrt{u} + C \\ &= \boxed{\frac{2}{3}\sqrt{3\ln(x) + 5} + C}. \end{aligned}$$

Solution 2. We substituted $u = \sqrt{3\ln(x) + 5}$, so $du = \frac{1}{2\sqrt{3\ln(x)+5}} \cdot \frac{3}{x}dx$. This gives $\frac{dx}{x\sqrt{3\ln(x)+5}} = \frac{2}{3}du$, so

$$\begin{aligned} \int \frac{dx}{x\sqrt{3\ln(x) + 5}} &= \int \frac{2}{3} du \\ &= \frac{2}{3}u + C \\ &= \boxed{\frac{2}{3}\sqrt{3\ln(x) + 5} + C}. \end{aligned}$$

$$(c) \int x^2 \sqrt{x-1} dx$$

Solution. We use the substitution $u = x - 1$, so $du = dx$. Then we have $x = u + 1$, so we get

$$\begin{aligned} \int x^2 \sqrt{x-1} dx &= \int (u+1)^2 \sqrt{u} du \\ &= \int (u^2 + 2u + 1) u^{1/2} du \\ &= \int (u^{5/2} + 2u^{3/2} + u^{1/2}) du \\ &= \frac{u^{7/2}}{7/2} + \frac{2u^{5/2}}{5/2} + \frac{u^{3/2}}{3/2} + C \\ &= \boxed{\frac{2(x-1)^{7/2}}{7} + \frac{4(x-1)^{5/2}}{5} + \frac{2(x-1)^{3/2}}{3} + C}. \end{aligned}$$

$$(d) \int x^3 \sin(x^4 + 2) dx$$

Solution. We use the substitution $u = x^4 + 2$, $du = 4x^3 dx$. Therefore, $x^3 dx = \frac{du}{4}$, and we obtain

$$\begin{aligned} \int x^3 \sin(x^4 + 2) dx &= \int \frac{1}{4} \sin(u) du \\ &= -\frac{1}{4} \cos(u) + C \\ &= \boxed{-\frac{1}{4} \cos(x^4 + 2) + C}. \end{aligned}$$

$$(e) \int_0^1 \frac{x^3}{\sqrt{3+x^2}} dx$$

Solution 1. We use the substitution $u = 3 + x^2$. So $du = 2x dx$, that is $x dx = \frac{du}{2}$. The extraneous factor x^2 in the numerator can be expressed in terms of u using $x^2 = u - 3$. Finally, the bounds become

$$x = 0 \Rightarrow u = 3 + 0^2 = 3,$$

$$x = 1 \Rightarrow u = 3 + 1^2 = 4.$$

So the integral becomes

$$\begin{aligned} \int_0^1 \frac{x^3}{\sqrt{3+x^2}} dx &= \int_0^1 \frac{x^2}{\sqrt{3+x^2}} x dx \\ &= \int_3^4 \frac{u-3}{2\sqrt{u}} du \\ &= \int_3^4 \left(\frac{1}{2} \sqrt{u} - \frac{3}{2\sqrt{u}} \right) du \\ &= \left[\frac{1}{2} \cdot \frac{2}{3} u^{3/2} - 3\sqrt{u} \right]_3^4 \end{aligned}$$

$$\begin{aligned}
&= \left(\frac{1}{3} 4^{3/2} - 3\sqrt{4} \right) - \left(\frac{1}{3} 3^{3/2} - 3\sqrt{3} \right) \\
&= \boxed{2\sqrt{3} - \frac{10}{3}}.
\end{aligned}$$

Solution 2. We use the substitution $u = \sqrt{3+x^2}$. So $du = \frac{x dx}{\sqrt{3+x^2}}$. The extraneous factor x^2 in the numerator can be expressed in terms of u using $x^2 = u^2 - 3$. Finally, the bounds become

$$\begin{aligned}
x = 0 &\Rightarrow u = \sqrt{3+0^2} = \sqrt{3}, \\
x = 1 &\Rightarrow u = \sqrt{3+1^2} = 2.
\end{aligned}$$

So the integral becomes

$$\begin{aligned}
\int_0^1 \frac{x^3}{\sqrt{3+x^2}} dx &= \int_0^1 x^2 \frac{x dx}{\sqrt{3+x^2}} \\
&= \int_{\sqrt{3}}^2 (u^2 - 3) du \\
&= \left[\frac{1}{3} u^3 - 3u \right]_{\sqrt{3}}^2 \\
&= \left(\frac{1}{3} 2^3 - 3 \cdot 2 \right) - \left(\frac{1}{3} \sqrt{3}^3 - 3\sqrt{3} \right) \\
&= \boxed{2\sqrt{3} - \frac{10}{3}}.
\end{aligned}$$

(f) $\int t \sec^2(3t^2) e^{7 \tan(3t^2)} dt$

Solution. We use the substitution $u = 7 \tan(3t^2)$. This gives

$$du = 7 \sec^2(3t^2) \cdot 6t dt = 42t \sec^2(3t^2) dt.$$

So

$$t \sec^2(3t^2) dt = \frac{du}{42}.$$

We get

$$\begin{aligned}
\int t \sec^2(3t^2) e^{7 \tan(3t^2)} dt &= \int \frac{1}{42} e^u du \\
&= \frac{1}{42} e^u + C \\
&= \boxed{\frac{1}{42} e^{7 \tan(3t^2)} + C}.
\end{aligned}$$

$$(g) \int e^x (e^x - 2)^{2/3} dx$$

Solution. We use the substitution $u = e^x - 2$, so that $du = e^x dx$. This gives

$$\begin{aligned} \int e^x (e^x - 2)^{2/3} dx &= \int u^{2/3} du \\ &= \frac{3}{5} u^{5/3} + C \\ &= \boxed{\frac{3}{5} (e^x - 2)^{5/3} + C}. \end{aligned}$$

$$(h) \int e^{2x} (e^x - 2)^{2/3} dx$$

Solution. We again use the substitution $u = e^x - 2$, $du = e^x dx$. But this time, we have an extraneous factor e^x since $e^{2x} = e^x e^x$. We can express this extraneous factor in terms of u as $e^x = u + 2$. Therefore

$$\begin{aligned} \int e^{2x} (e^x - 2)^{2/3} dx &= \int e^x (e^x - 2)^{2/3} e^x dx \\ &= \int (u + 2) u^{2/3} du \\ &= \int (u^{5/3} + 2u^{2/3}) du \\ &= \frac{3}{8} u^{8/3} + \frac{6}{5} u^{5/3} + C \\ &= \boxed{\frac{3}{8} (e^x - 2)^{8/3} + \frac{6}{5} (e^x - 2)^{5/3} + C}. \end{aligned}$$

$$(i) \int_{e^3}^{e^6} \frac{dt}{t \ln(t)}$$

Solution. We use the substitution $u = \ln(t)$, so that $du = \frac{dt}{t}$. The bounds change as follows

$$\begin{aligned} t = e^3 &\Rightarrow u = \ln(e^3) = 3, \\ t = e^6 &\Rightarrow u = \ln(e^6) = 6. \end{aligned}$$

The integral becomes

$$\begin{aligned} \int_{e^3}^{e^6} \frac{dt}{t \ln(t)} &= \int_3^6 \frac{du}{u} \\ &= [\ln |u|]_3^6 \\ &= \ln(6) - \ln(3) \\ &= \ln\left(\frac{6}{3}\right) \\ &= \boxed{\ln(2)}. \end{aligned}$$

$$(j) \int \frac{dx}{5x + 4\sqrt{x}}$$

Solution. We can first factor out a \sqrt{x} from the denominator, which gives

$$\int \frac{dx}{5x + 4\sqrt{x}} = \int \frac{dx}{\sqrt{x}(5\sqrt{x} + 4)}.$$

We can then use the substitution $u = 5\sqrt{x} + 4$, which gives $du = \frac{5dx}{2\sqrt{x}}$. This gives $\frac{dx}{\sqrt{x}} = \frac{2du}{5}$, and the integral becomes

$$\begin{aligned} \int \frac{dx}{\sqrt{x}(5\sqrt{x} + 4)} &= \int \frac{2du}{5u} \\ &= \frac{2}{5} \ln |u| + C \\ &= \boxed{\frac{2}{5} \ln |5\sqrt{x} + 4| + C}. \end{aligned}$$

$$(k) \int \frac{dx}{\sqrt{2-x^2}}$$

Solution. Recall the reference antiderivative

$$\int \frac{du}{\sqrt{1-u^2}} = \sin^{-1}(u) + C.$$

We can use this antiderivative after factoring out a 2 from the square root and letting $u = \frac{x}{\sqrt{2}}$. This gives

$$\begin{aligned} \int \frac{dx}{\sqrt{2-x^2}} &= \int \frac{dx}{\sqrt{2\left(1-\frac{x^2}{2}\right)}} \\ &= \int \frac{dx}{\sqrt{2}\sqrt{1-\left(\frac{x}{\sqrt{2}}\right)^2}} \\ &= \int \frac{du}{\sqrt{1-u^2}} \\ &= \sin^{-1}(u) + C \\ &= \boxed{\sin^{-1}\left(\frac{x}{\sqrt{2}}\right) + C}. \end{aligned}$$

$$(l) \int_0^1 \frac{xdx}{\sqrt{2-x^2}}$$

Solution 1. This time, the numerator is (up to a constant factor) the derivative of the inside of the square root. Therefore, we can compute this integral with the substitution $u = 2 - x^2$, $du = -2xdx$. Thus we have $xdx = -\frac{du}{2}$, and the bounds change to

$$x = 0 \Rightarrow u = 2 - 0^2 = 2,$$

$$x = 1 \Rightarrow u = 2 - 1^2 = 1.$$

We obtain

$$\begin{aligned} \int_0^1 \frac{x dx}{\sqrt{2-x^2}} &= \int_2^1 -\frac{du}{2\sqrt{u}} \\ &= [-\sqrt{u}]_2^1 \\ &= \boxed{1 - \sqrt{2}}. \end{aligned}$$

Solution 2. We can be more ambitious with the substitution and let $u = \sqrt{2-x^2}$. The bounds change to

$$\begin{aligned} x = 0 &\Rightarrow u = \sqrt{2-0^2} = \sqrt{2}, \\ x = 1 &\Rightarrow u = \sqrt{2-1^2} = 1. \end{aligned}$$

Differentiating gives $du = -\frac{x dx}{\sqrt{2-x^2}}$, which is the entire integrand up to a negative sign. So the integral becomes

$$\int_0^1 \frac{x dx}{\sqrt{2-x^2}} = \int_{\sqrt{2}}^1 -du = \boxed{\sqrt{2}-1}.$$

$$(m) \int_0^{2/3} \frac{dz}{4+9z^2}$$

Solution. This integral will make use of the reference antiderivative

$$\int \frac{du}{1+u^2} = \tan^{-1}(u) + C.$$

To get to this form, we factor out a 4 from the denominator to obtain

$$\int_0^{2/3} \frac{dz}{4+9z^2} = \int_0^{2/3} \frac{dz}{4\left(1+\frac{9z^2}{4}\right)} = \int_0^{2/3} \frac{dz}{4\left(1+\left(\frac{3z}{2}\right)^2\right)}$$

We can then use the substitution $u = \frac{3z}{2}$, which gives $du = \frac{3dz}{2}$, so $dz = \frac{2du}{3}$. The bounds change to

$$\begin{aligned} x = 0 &\Rightarrow u = 0, \\ x = \frac{2}{3} &\Rightarrow u = 1. \end{aligned}$$

We obtain

$$\begin{aligned} \int_0^{2/3} \frac{dz}{4\left(1+\left(\frac{3z}{2}\right)^2\right)} &= \int_0^1 \frac{1}{4} \cdot \frac{2}{3} \cdot \frac{du}{1+u^2} \\ &= \left[\frac{1}{6} \tan^{-1}(u) \right]_0^1 \\ &= \frac{1}{6} (\tan^{-1}(1) - \tan^{-1}(0)) \end{aligned}$$

$$\begin{aligned}
&= \frac{1}{6} \left(\frac{\pi}{4} - 0 \right) \\
&= \boxed{\frac{\pi}{24}}.
\end{aligned}$$

(n) $\int \frac{e^{4 \arcsin(5x)}}{\sqrt{1-25x^2}} dx.$

Solution. We use the substitution $u = 4 \arcsin(5x)$, so that $du = \frac{20dx}{\sqrt{1-25x^2}}$. Therefore, $\frac{dx}{\sqrt{1-25x^2}} = \frac{du}{20}$ and we obtain

$$\begin{aligned}
\int \frac{e^{4 \arcsin(5x)}}{\sqrt{1-25x^2}} dx &= \int \frac{e^u}{20} du \\
&= \frac{e^u}{20} + C \\
&= \boxed{\frac{e^{4 \arcsin(5x)}}{20} + C}.
\end{aligned}$$

(o) $\int_0^{\pi/10} \frac{\sin^3(5x)}{\cos(5x) + 3} dx.$

Solution. We can write $\sin^3(5x) = \sin^2(5x) \sin(5x) = (1 - \cos^2(5x)) \sin(5x)$, which allows us to use the substitution $u = \cos(5x)$, $du = -5 \sin(5x) dx$. The bounds of the integral change as follows:

$$\begin{aligned}
x = 0 &\Rightarrow u = \cos(0) = 1, \\
x = \frac{\pi}{10} &\Rightarrow u = \cos\left(\frac{\pi}{2}\right) = 0.
\end{aligned}$$

Therefore we get

$$\begin{aligned}
\int_0^{\pi/10} \frac{\sin^3(5x)}{\cos(5x) + 3} dx &= \int_0^{\pi/10} \frac{1 - \cos^2(5x)}{\cos(5x) + 3} \sin(5x) dx \\
&= \int_1^0 -\frac{1 - u^2}{5(u + 3)} du \\
&= \frac{1}{5} \int_0^1 \frac{1 - u^2}{u + 3} du.
\end{aligned}$$

To evaluate this last integral, we can substitute $w = u + 3$, so that $dw = du$. The u in the numerator can be expressed in terms of w as $u = w - 3$. We get

$$\begin{aligned}
\frac{1}{5} \int_0^1 \frac{1 - u^2}{u + 3} du &= \frac{1}{5} \int_3^4 \frac{1 - (w - 3)^2}{w} dw \\
&= \frac{1}{5} \int_3^4 \frac{1 - w^2 + 6w - 9}{w} dw \\
&= \frac{1}{5} \int_3^4 \frac{6w - w^2 - 8}{w} dw \\
&= \frac{1}{5} \int_3^4 \left(6 - w - \frac{8}{w} \right) dw
\end{aligned}$$

$$\begin{aligned}
&= \frac{1}{5} \left[6w - \frac{w^2}{2} - 8 \ln |w| \right]_3^4 \\
&= \frac{1}{5} \left(24 - 8 - 8 \ln(4) - 18 + \frac{9}{2} + 8 \ln(3) \right) \\
&= \boxed{\frac{5 + 16 \ln(3/4)}{10}}.
\end{aligned}$$

(p) $\int \frac{(\tan^{-1}(t))^3}{1+t^2} dt.$

Solution. We use the substitution $u = \tan^{-1}(t)$, so $du = \frac{dt}{1+t^2}$. This gives

$$\begin{aligned}
\int \frac{(\tan^{-1}(t))^3}{1+t^2} dt &= \int u^3 du \\
&= \frac{1}{4} u^4 + C \\
&= \boxed{\frac{1}{4} (\tan^{-1}(t))^4 + C}.
\end{aligned}$$

(q) $\int_e^{e^2} \frac{dx}{x\sqrt{\ln(x)}} dx.$

Solution. We use the substitution $u = \ln(x)$, so that $du = \frac{dx}{x}$. The bounds become

$$\begin{aligned}
x = e &\Rightarrow u = \ln(e) = 1, \\
x = e^2 &\Rightarrow u = \ln(e^2) = 2.
\end{aligned}$$

We obtain

$$\begin{aligned}
\int_e^{e^2} \frac{dx}{x\sqrt{\ln(x)}} dx &= \int_1^2 \frac{du}{\sqrt{u}} du \\
&= [2\sqrt{u}]_1^2 \\
&= \boxed{2(\sqrt{2} - 1)}.
\end{aligned}$$

(r) $\int \frac{\tan(3 \ln(x))}{x} dx.$

Solution. We use the substitution $u = 3 \ln(x)$, so $du = \frac{3dx}{x}$ and the integral becomes

$$\begin{aligned}
\int \frac{\tan(3 \ln(x))}{x} dx &= \int \frac{\tan(u)}{3} du \\
&= \frac{1}{3} \ln |\sec(u)| + C \\
&= \boxed{\frac{1}{3} \ln |\sec(3 \ln(x))| + C}.
\end{aligned}$$

$$(s) \int \frac{x^3 + 1}{9 + x^2} dx.$$

Solution. We can start by splitting up the integral into a sum of two integrals:

$$\int \frac{x^3 + 1}{9 + x^2} dx = \int \frac{x^3}{9 + x^2} dx + \int \frac{1}{9 + x^2} dx.$$

The first integral can be computed using the substitution $u = 9 + x^2$, which gives $du = 2x dx$. The extraneous factor x^2 in the numerator can be replaced by $u - 9$, which gives

$$\begin{aligned} \int \frac{x^3}{9 + x^2} dx &= \int \frac{x^2}{9 + x^2} x dx \\ &= \int \frac{u - 9}{2u} du \\ &= \frac{1}{2} \int \left(1 - \frac{9}{u}\right) du \\ &= \frac{1}{2} (u - 9 \ln |u|) + C \\ &= \frac{1}{2} (x^2 + 9 - 9 \ln(x^2 + 9)) + C \\ &= \frac{1}{2} (x^2 - 9 \ln(x^2 + 9)) + C. \end{aligned}$$

For the second integral, we can factor out a 9 from the denominator and use the substitution $u = \frac{x}{3}$, which gives $du = \frac{dx}{3}$. We obtain

$$\begin{aligned} \int \frac{dx}{9 + x^2} &= \frac{1}{9} \int \frac{dx}{1 + \left(\frac{x}{3}\right)^2} \\ &= \frac{1}{3} \int \frac{du}{1 + u^2} \\ &= \frac{1}{3} \tan^{-1}(u) + C \\ &= \frac{1}{3} \tan^{-1}\left(\frac{x}{3}\right) + C. \end{aligned}$$

Putting the pieces together gives

$$\begin{aligned} \int \frac{x^3 + 1}{9 + x^2} dx &= \int \frac{x^3}{9 + x^2} dx + \int \frac{1}{9 + x^2} dx \\ &= \boxed{\frac{1}{2} (x^2 - 9 \ln(x^2 + 9)) + \frac{1}{3} \tan^{-1}\left(\frac{x}{3}\right) + C}. \end{aligned}$$

$$(t) \int_0^{\pi/12} \tan^2(3\theta) \sec^2(3\theta) d\theta.$$

Solution. We substitute $u = \tan(3\theta)$, so $du = 3 \sec^2(3\theta) d\theta$. The bounds change as follows:

$$\begin{aligned} x = 0 &\Rightarrow u = \tan(0) = 0, \\ x = \frac{\pi}{12} &\Rightarrow u = \tan\left(\frac{\pi}{4}\right) = 1. \end{aligned}$$

Then we get

$$\begin{aligned} \int_0^{\pi/12} \tan^2(3\theta) \sec^2(3\theta) d\theta &= \int_0^1 \frac{u^2}{3} du \\ &= \left[\frac{u^3}{9} \right]_0^1 \\ &= \boxed{\frac{1}{9}}. \end{aligned}$$

(u) $\int \frac{e^{3x}}{\sqrt{49 - e^{6x}}} dx.$

Solution. We use the substitution $u = e^{3x}$, so $du = 3e^{3x} dx$. Then we get

$$\begin{aligned} \int \frac{e^{3x}}{\sqrt{49 - e^{6x}}} dx &= \int \frac{du}{3\sqrt{7^2 - u^2}} \\ &= \frac{1}{3} \sin^{-1}\left(\frac{u}{7}\right) + C \\ &= \boxed{\frac{1}{3} \sin^{-1}\left(\frac{e^{3x}}{7}\right) + C}. \end{aligned}$$

(v) $\int_{-5/2}^{5/2} \frac{1 + \sin(x)}{4x^2 + 25} dx.$

Solution. We can split up the integral into a sum of two integrals:

$$\int_{-5/2}^{5/2} \frac{1 + \sin(x)}{4x^2 + 25} dx = \int_{-5/2}^{5/2} \frac{dx}{4x^2 + 25} + \int_{-5/2}^{5/2} \frac{\sin(x)}{4x^2 + 25} dx.$$

The second integral is the integral of an odd function on an interval symmetric about the origin since

$$\frac{\sin(-x)}{4(-x)^2 + 25} = \frac{-\sin(x)}{4x^2 + 25} = -\frac{\sin(x)}{4x^2 + 25}.$$

Therefore,

$$\int_{-5/2}^{5/2} \frac{\sin(x)}{4x^2 + 25} dx = 0.$$

For the other integral, we can use an arc tangent to get

$$\begin{aligned} \int_{-5/2}^{5/2} \frac{dx}{4x^2 + 25} &= \frac{1}{25} \int_{-5/2}^{5/2} \frac{dx}{\left(\frac{2x}{5}\right)^2 + 1} \\ &= \frac{1}{25} \left[\frac{5}{2} \tan^{-1}\left(\frac{2x}{5}\right) \right]_{-5/2}^{5/2} \\ &= \frac{1}{10} (\tan^{-1}(1) - \tan^{-1}(-1)) \\ &= \frac{\pi}{20}. \end{aligned}$$

Therefore

$$\boxed{\int_{-5/2}^{5/2} \frac{1 + \sin(x)}{4x^2 + 25} dx = \frac{\pi}{20}}.$$

2. Suppose that f is an **even** function such that

$$\int_{-9}^5 f(x) dx = -13 \quad \text{and} \quad \int_0^9 f(x) dx = 4.$$

Evaluate the definite integrals below.

(a) $\int_{-9}^9 f(x) dx$

Solution. Since f is even, by symmetry we have

$$\int_{-9}^9 f(x) dx = 2 \int_0^9 f(x) dx = \boxed{8}.$$

(b) $\int_0^5 (4x - 3f(x)) dx$

Solution. Let us start by calculating $\int_0^5 f(x) dx$. By additivity of the integral, we have

$$\int_{-9}^5 f(x) dx = \int_{-9}^0 f(x) dx + \int_0^5 f(x) dx.$$

Since f is even, we have

$$\int_{-9}^0 f(x) dx = \int_0^9 f(x) dx = 4.$$

So we get

$$-13 = 4 + \int_0^5 f(x) dx \Rightarrow \int_0^5 f(x) dx = -17.$$

Now using the linearity of the integral, we obtain

$$\begin{aligned} \int_0^5 (4x - 3f(x)) dx &= 4 \int_0^5 x dx - 3 \int_0^5 f(x) dx \\ &= 4 \left[\frac{1}{2} x^2 \right]_0^5 - 3(-17) \\ &= 4 \frac{1}{2} (25) + 51 \\ &= \boxed{101}. \end{aligned}$$

$$(c) \int_{-3}^3 xf(x)dx$$

Solution. Since f is even, the function $g(x) = xf(x)$ is odd, as shown below:

$$g(-x) = (-x)f(-x) = -xf(x) = -g(x).$$

Since the interval of integration $[-3, 3]$ is centered at 0, we deduce

$$\boxed{\int_{-3}^3 xf(x) = 0}.$$

$$(d) \int_0^3 xf(x^2)dx$$

Solution. We can evaluate this integral using the substitution $u = x^2$, which gives $du = 2xdx$, or $xdx = \frac{du}{2}$. The bounds become

$$x = 0 \Rightarrow u = 0^2 = 0,$$

$$x = 3 \Rightarrow u = 3^2 = 9.$$

Therefore

$$\begin{aligned} \int_0^3 xf(x^2)dx &= \int_0^9 \frac{1}{2}f(u)du \\ &= \frac{1}{2} \int_0^9 f(u)du \\ &= \frac{1}{2}4 \\ &= \boxed{2}. \end{aligned}$$

3. Find the average value of the following functions on the given interval.

$$(a) f(x) = \frac{3}{\sqrt{100 - x^2}} \text{ on } [0, 5].$$

Solution. The average value is given by

$$\begin{aligned} \text{av}(f) &= \frac{1}{5-0} \int_0^5 \frac{3}{\sqrt{100 - x^2}} dx \\ &= \frac{3}{5} \int_0^5 \frac{dx}{\sqrt{100 \left(1 - \frac{x^2}{100}\right)}} \\ &= \frac{3}{5} \int_0^5 \frac{dx}{10\sqrt{1 - \left(\frac{x}{10}\right)^2}} \\ &= \frac{3}{5} \int_0^{1/2} \frac{du}{\sqrt{1 - u^2}} \quad \left(u = \frac{x}{10}\right) \\ &= \frac{3}{5} [\sin^{-1}(u)]_0^{1/2} \end{aligned}$$

$$\begin{aligned}
&= \frac{3}{5} \left(\sin^{-1} \left(\frac{1}{2} \right) - \sin^{-1}(0) \right) \\
&= \frac{3}{5} \cdot \frac{\pi}{6} \\
&= \boxed{\frac{\pi}{10}}.
\end{aligned}$$

(b) $f(x) = x\sqrt[3]{3x-7}$ on $[2, 5]$.

Solution. The average value is given by

$$\text{av}(f) = \frac{1}{5-2} \int_2^5 x\sqrt[3]{3x-7} dx = \frac{1}{3} \int_2^5 x\sqrt[3]{3x-7} dx.$$

We can calculate the integral using the substitution $u = 3x - 7$. This will give $du = 3dx$, or $dx = \frac{du}{3}$. The bounds will become

$$\begin{aligned}
x = 2 &\Rightarrow u = 3 \cdot 2 - 7 = -1, \\
x = 5 &\Rightarrow u = 3 \cdot 5 - 7 = 8.
\end{aligned}$$

Finally, the extraneous factor x in the integrand can be expressed in terms of u as $x = \frac{u+7}{3}$. We obtain

$$\begin{aligned}
\text{av}(f) &= \frac{1}{3} \int_{-1}^8 \frac{u+7}{3} \sqrt[3]{u} \frac{du}{3} \\
&= \frac{1}{27} \int_{-1}^8 \left(u^{4/3} + 7u^{1/3} \right) du \\
&= \frac{1}{27} \left[\frac{3}{7} u^{7/3} + \frac{21}{4} u^{4/3} \right]_{-1}^8 \\
&= \frac{1}{27} \left(\left(\frac{3}{7} 8^{7/3} + \frac{21}{4} 8^{4/3} \right) - \left(\frac{3}{7} (-1)^{7/3} + \frac{21}{4} (-1)^{4/3} \right) \right) \\
&= \boxed{\frac{139}{28}}.
\end{aligned}$$