

► When the integrand has the form $f(ax + b)$, the substitution $u = ax + b$ is often effective.

SOLUTION

- a. Let the new variable be $u = x + 3$ and then $du = dx$. Because we have changed the variable of integration from x to u , the limits of integration must also be expressed in terms of u . In this case,

$$x = 0 \text{ implies } u = 0 + 3 = 3 \quad \text{Lower limit}$$

$$x = 2 \text{ implies } u = 2 + 3 = 5 \quad \text{Upper limit}$$

The entire integration is carried out as follows:

$$\begin{aligned} \int_0^2 \frac{dx}{(x+3)^3} &= \int_3^5 u^{-3} du && \text{Substitute } u = x + 3, du = dx. \\ &= -\frac{u^{-2}}{2} \Big|_3^5 && \text{Fundamental Theorem} \\ &= -\frac{1}{2}(5^{-2} - 3^{-2}) = \frac{8}{225} && \text{Simplify.} \end{aligned}$$

- b. Notice that a multiple of the derivative of the denominator appears in the numerator; therefore, we let $u = x^2 + 1$. Then $du = 2x dx$, or $x dx = \frac{1}{2} du$. Changing limits of integration,

$$x = 0 \text{ implies } u = 0 + 1 = 1 \quad \text{Lower limit}$$

$$x = 4 \text{ implies } u = 4^2 + 1 = 17 \quad \text{Upper limit}$$

Changing variables, we have

$$\begin{aligned} \int_0^4 \frac{x}{x^2+1} dx &= \frac{1}{2} \int_1^{17} u^{-1} du && \text{Substitute } u = x^2 + 1, du = 2x dx. \\ &= \frac{1}{2} (\ln |u|) \Big|_1^{17} && \text{Fundamental Theorem} \\ &= \frac{1}{2} (\ln 17 - \ln 1) && \text{Simplify.} \\ &= \frac{1}{2} \ln 17 \approx 1.417. && \ln 1 = 0 \end{aligned}$$

- c. Let $u = \sin x$, which implies that $du = \cos x dx$. The lower limit of integration becomes $u = 0$ and the upper limit becomes $u = 1$. Changing variables, we have

$$\begin{aligned} \int_0^{\pi/2} \sin^4 x \cos x dx &= \int_0^1 u^4 du && u = \sin x, du = \cos x dx \\ &= \left(\frac{u^5}{5}\right) \Big|_0^1 = \frac{1}{5}. && \text{Fundamental Theorem} \end{aligned}$$

Related Exercises 35–44 ◀

The Substitution Rule enables us to find two standard integrals that appear frequently in practice, $\int \sin^2 x dx$ and $\int \cos^2 x dx$. These integrals are handled using the identities

$$\sin^2 x = \frac{1 - \cos 2x}{2} \quad \text{and} \quad \cos^2 x = \frac{1 + \cos 2x}{2}.$$

EXAMPLE 6 Integral of $\cos^2 \theta$ Evaluate $\int_0^{\pi/2} \cos^2 \theta d\theta$.

SOLUTION Working with the indefinite integral first, we use the identity for $\cos^2 \theta$:

$$\int \cos^2 \theta d\theta = \int \frac{1 + \cos 2\theta}{2} d\theta = \frac{1}{2} \int d\theta + \frac{1}{2} \int \cos 2\theta d\theta.$$

The change of variables $u = 2\theta$ is now used for the second integral, and we have

$$\begin{aligned} \int \cos^2 \theta d\theta &= \frac{1}{2} \int d\theta + \frac{1}{2} \int \cos 2\theta d\theta \\ &= \frac{1}{2} \int d\theta + \frac{1}{2} \cdot \frac{1}{2} \int \cos u du && u = 2\theta, du = 2 d\theta \\ &= \frac{\theta}{2} + \frac{1}{4} \sin 2\theta + C. && \text{Evaluate integrals; } u = 2\theta. \end{aligned}$$

Using the Fundamental Theorem of Calculus, the value of the definite integral is

$$\begin{aligned} \int_0^{\pi/2} \cos^2 \theta d\theta &= \left(\frac{\theta}{2} + \frac{1}{4} \sin 2\theta\right) \Big|_0^{\pi/2} \\ &= \left(\frac{\pi}{4} + \frac{1}{4} \sin \pi\right) - \left(0 + \frac{1}{4} \sin 0\right) = \frac{\pi}{4}. \end{aligned}$$

Related Exercises 45–50 ◀

Geometry of Substitution

The Substitution Rule may be interpreted graphically. To keep matters simple, consider the integral $\int_0^2 2(2x + 1) dx$. The graph of the integrand $y = 2(2x + 1)$ on the interval $[0, 2]$ is shown in Figure 5.57, along with the region R whose area is given by the integral. The change of variables $u = 2x + 1$, $du = 2 dx$, $u(0) = 1$, and $u(2) = 5$ leads to the new integral

$$\int_0^2 2(2x + 1) dx = \int_1^5 u du.$$

Figure 5.57 also shows the graph of the new integrand $y = u$ on the interval $[1, 5]$ and the region R' whose area is given by the new integral. You can check that the areas of R and R' are equal. An analogous interpretation may be given to more complicated integrands and substitutions.

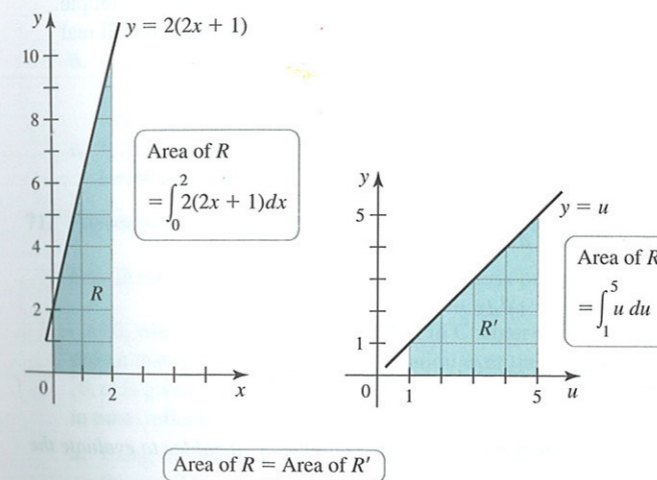


FIGURE 5.57

QUICK CHECK 3 Changes of variables occur frequently in mathematics. For example, suppose you want to solve the equation $x^4 - 13x^2 + 36 = 0$. If you use the substitution $u = x^2$, what is the new equation that must be solved for u ? What are the roots of the original equation? ◀

SECTION 5.5 EXERCISES**Review Questions**

- On which derivative rule is the Substitution Rule based?
- Explain why the Substitution Rule is referred to as a change of variables.
- The composite function $f(g(x))$ consists of an inner function g and an outer function f . When doing a change of variables, which function is often a likely choice for a new variable u ?
- Find a suitable substitution for evaluating $\int \tan x \sec^2 x dx$, and explain your choice.
- When using a change of variables $u = g(x)$ to evaluate the definite integral $\int_a^b f(g(x))g'(x) dx$, how are the limits of integration transformed?

- If the change of variables $u = x^2 - 4$ is used to evaluate the definite integral $\int_2^4 f(x) dx$, what are the new limits of integration?

7. Find $\int \cos^2 x dx$.

8. What identity is needed to find $\int \sin^2 x dx$?

Basic Skills

9–12. Trial and error Find an antiderivative of the following functions by trial and error. Check your answer by differentiation.

9. $f(x) = (x + 1)^{12}$

10. $f(x) = e^{3x+1}$

11. $f(x) = \sqrt{2x + 1}$

12. $f(x) = \cos(2x + 5)$

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13–16. Substitution given Use the given substitution to find the following indefinite integrals. Check your answer by differentiation.

13. $\int 2x(x^2 + 1)^4 dx, u = x^2 + 1$

14. $\int 8x \cos(4x^2 + 3) dx, u = 4x^2 + 3$

15. $\int \sin^3 x \cos x dx, u = \sin x$

16. $\int (6x + 1)\sqrt{3x^2 + x} dx, u = 3x^2 + x$

17–28. Indefinite integrals Use a change of variables to find the following indefinite integrals. Check your work by differentiation.

17. $\int 2x(x^2 - 1)^{99} dx$

18. $\int xe^{x^2} dx$

19. $\int \frac{2x^2}{\sqrt{1 - 4x^3}} dx$

20. $\int \frac{(\sqrt{x} + 1)^4}{2\sqrt{x}} dx$

21. $\int (x^2 + x)^{10} (2x + 1) dx$

22. $\int \frac{1}{10x - 3} dx$

23. $\int x^3(x^4 + 16)^6 dx$

24. $\int \sin^{10} \theta \cos \theta d\theta$

25. $\int \frac{1}{\sqrt{1 - 9x^2}} dx$

26. $\int x^9 \sin x^{10} dx$

27. $\int (x^6 - 3x^2)^4 (x^5 - x) dx$

28. $\int \frac{x}{x - 2} dx$ (Hint: Let $u = x - 2$)

29–34. Variations on the substitution method Find the following integrals.

29. $\int \frac{x}{\sqrt{x - 4}} dx$

30. $\int \frac{y^2}{(y + 1)^4} dy$

31. $\int \frac{x}{\sqrt[3]{x + 4}} dx$

32. $\int \frac{e^x - e^{-x}}{e^x + e^{-x}} dx$

33. $\int x\sqrt[3]{2x + 1} dx$

34. $\int (x + 1)\sqrt{3x + 2} dx$

35–44. Definite integrals Use a change of variables to evaluate the following definite integrals.

35. $\int_0^1 2x(4 - x^2) dx$

36. $\int_0^2 \frac{2x}{(x^2 + 1)^2} dx$

37. $\int_0^{\pi/2} \sin^2 \theta \cos \theta d\theta$

38. $\int_0^{\pi/4} \frac{\sin x}{\cos^2 x} dx$

39. $\int_{-1}^2 x^2 e^{x^3+1} dx$

40. $\int_0^4 \frac{p}{\sqrt{9 + p^2}} dp$

41. $\int_{\pi/4}^{\pi/2} \frac{\cos x}{\sin^2 x} dx$

42. $\int_0^{\pi/4} \frac{\sin x}{\cos^3 x} dx$

43. $\int_{2/(5\sqrt{3})}^{2/5} \frac{dx}{x\sqrt{25x^2 - 1}}$

44. $\int_0^3 \frac{v^2 + 1}{\sqrt{v^3 + 3v + 4}} dv$

45–50. Integrals with $\sin^2 x$ and $\cos^2 x$ Evaluate the following integrals.

45. $\int_{-\pi}^{\pi} \cos^2 x dx$

46. $\int \sin^2 x dx$

47. $\int \sin^2\left(\theta + \frac{\pi}{6}\right) d\theta$

48. $\int_0^{\pi/4} \cos^2 8\theta d\theta$

49. $\int_{-\pi/4}^{\pi/4} \sin^2 2\theta d\theta$

50. $\int x \cos^2(x^2) dx$

Further Explorations

51. Explain why or why not Determine whether the following statements are true and give an explanation or counterexample. Assume that $f, f',$ and f'' are continuous functions for all real numbers.

a. $\int f(x)f'(x) dx = \frac{1}{2}(f(x))^2 + C$

b. $\int (f(x))^n f'(x) dx = \frac{1}{n+1}(f(x))^{n+1} + C, n \neq -1$

c. $\int \sin 2x dx = 2 \int \sin x dx$

d. $\int (x^2 + 1)^9 dx = \frac{(x^2 + 1)^{10}}{10} + C$

e. $\int_a^b f'(x)f''(x) dx = f'(b) - f'(a)$

52–64. Additional integrals Use a change of variables to evaluate the following integrals.

52. $\int \sec 4w \tan 4w dw$

53. $\int \sec^2 10x dx$

54. $\int (\sin^5 x + 3 \sin^3 x - \sin x) \cos x dx$

55. $\int \frac{\csc^2 x}{\cot^3 x} dx$

56. $\int (x^{3/2} + 8)^5 \sqrt{x} dx$

57. $\int \sin x \sec^8 x dx$

58. $\int \frac{e^{2x}}{e^{2x} + 1} dx$

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

60. $\int_1^{e^2} \frac{\ln x}{x} dx$

61. $\int_2^3 \frac{x}{\sqrt[3]{x^2 - 1}} dx$

62. $\int_0^6 \frac{dx}{x^2 + 36}$

63. $\int_0^2 x^3 \sqrt{16 - x^4} dx$

64. $\int_{\sqrt{2}}^{\sqrt{3}} (x - 1)(x^2 - 2x)^{11} dx$

65–68. Areas of regions Find the area of the following regions.

65. The region bounded by the graph of $f(x) = x \sin(x^2)$ and the x -axis between $x = 0$ and $x = \sqrt{\pi}$

66. The region bounded by the graph of $f(\theta) = \cos \theta \sin \theta$ and the θ -axis between $\theta = 0$ and $\theta = \pi/2$

67. The region bounded by the graph of $f(x) = (x - 4)^4$ and the x -axis between $x = 2$ and $x = 6$

68. The region bounded by the graph of $f(x) = \frac{x}{\sqrt{x^2 - 9}}$ and the x -axis between $x = 4$ and $x = 5$

69. **Morphing parabolas** The family of parabolas $y = (1/a) - x^2/a^3$, where $a > 0$, has the property that for $x \geq 0$, the x -intercept is $(a, 0)$ and the y -intercept is $(0, 1/a)$. Let $A(a)$ be the area of the region in the first quadrant bounded by the parabola and the x -axis. Find $A(a)$ and determine whether it is an increasing, decreasing, or constant function of a .

Applications

70. Periodic motion An object moves in one dimension with a velocity in m/s given by $v(t) = 8 \cos(\pi t/6)$.

a. Graph the velocity function.

b. As will be discussed in Chapter 6, the position of the object is given by $s(t) = \int_0^t v(y) dy$ for $t \geq 0$. Find the position function for all $t \geq 0$.

c. What is the period of the motion—that is, starting at any point, how long does it take the object to return to that position?

71. Population models The population of a culture of bacteria has a

growth rate given by $p'(t) = \frac{200}{(t + 1)^r}$ bacteria per hour, for

$t \geq 0$, where $r > 1$ is a real number. In Chapter 6 it will be shown that the increase in the population over the time interval $[0, t]$ is given by $\int_0^t p'(s) ds$. (Note that the growth rate decreases in time, reflecting competition for space and food.)

a. Using the population model with $r = 2$, what is the increase in the population over the time interval $0 \leq t \leq 4$?

b. Using the population model with $r = 3$, what is the increase in the population over the time interval $0 \leq t \leq 6$?

c. Let ΔP be the increase in the population over a fixed time interval $[0, T]$. For fixed T , does ΔP increase or decrease with the parameter r ? Explain.

d. A lab technician measures an increase in the population of 350 bacteria over the 10-hr period $[0, 10]$. Estimate the value of r that best fits this data point.

e. Looking ahead: Work with the population model using $r = 3$ (part (b)) and find the increase in population over the time interval $[0, T]$ for any $T > 0$. If the culture is allowed to grow indefinitely ($T \rightarrow \infty$), does the bacteria population increase without bound? Or does it approach a finite limit?

72. Consider the right triangle with vertices $(0, 0)$, $(0, b)$, and $(a, 0)$, where $a > 0$ and $b > 0$. Show that the average vertical distance from points on the x -axis to the hypotenuse is $b/2$ for all $a > 0$.

73. Average value of sine functions Use a graphing utility to verify that the functions $f(x) = \sin kx$ have a period of $2\pi/k$, where $k = 1, 2, 3, \dots$. Equivalently, the first “hump” of $f(x) = \sin kx$ occurs on the interval $[0, \pi/k]$. Verify that the average value of the first hump of $f(x) = \sin kx$ is independent of k . What is the average value? (See Section 5.4 for average value.)

Additional Exercises

74. Looking ahead Integrals of $\tan x$ and $\cot x$

a. Use a change of variables to show that

$$\int \tan x dx = -\ln |\cos x| + C = \ln |\sec x| + C.$$

b. Show that

$$\int \cot x dx = \ln |\sin x| + C.$$

75. Looking ahead Integrals of $\sec x$ and $\csc x$

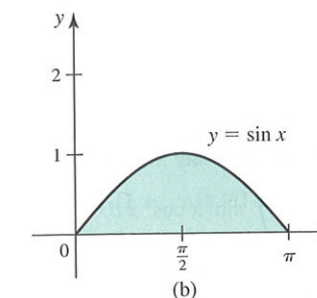
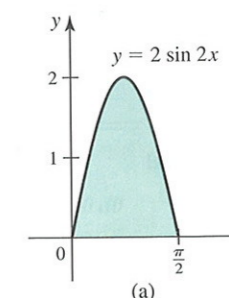
a. Multiply the numerator and denominator of $\sec x$ by $\sec x + \tan x$; then use a change of variables to show that

$$\int \sec x dx = \ln |\sec x + \tan x| + C.$$

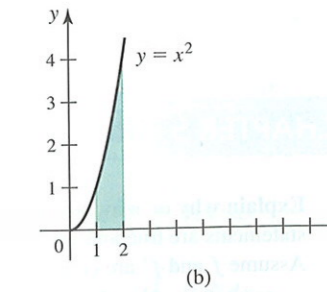
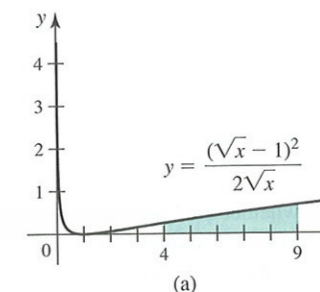
b. Show that

$$\int \csc x dx = -\ln |\csc x + \cot x| + C.$$

76. Equal areas The area of the shaded region under the curve $y = 2 \sin 2x$ in (a) equals the area of the shaded region under the curve $y = \sin x$ in (b). Explain why this is true without computing areas.



77. Equal areas The area of the shaded region under the curve $y = \frac{(\sqrt{x} - 1)^2}{2\sqrt{x}}$ in (a) equals the area of the shaded region under the curve $y = x^2$ in (b). Without computing areas, explain why.



78–82. General results Evaluate the following integrals in which the function f is unspecified. Note $f^{(p)}$ is the p th derivative of f and f^p is the p th power of f . Assume f and its derivatives are continuous for all real numbers.

78. $\int (5f^3(x) + 7f^2(x) + f(x))f'(x) dx$

79. $\int_1^2 (5f^3(x) + 7f^2(x) + f(x))f'(x) dx,$
where $f(1) = 4, f(2) = 5$

80. $\int_0^1 f'(x)f''(x) dx$, where $f'(0) = 3$ and $f'(1) = 2$

81. $\int (f^{(p)}(x))^n f^{(p+1)}(x) dx$, where p is a positive integer, $n \neq -1$

82. $\int 2(f^2(x) + 2f(x))f(x)f'(x) dx$

83–85. **More than one way** Occasionally, two different substitutions do the job. Use both of the given substitutions to evaluate the following integrals.

83. $\int_0^1 x\sqrt{x+a} dx$; $a > 0$ ($u = \sqrt{x+a}$ and $u = x+a$)

84. $\int_0^1 x\sqrt[3]{x+a} dx$; $a > 0$ ($u = \sqrt[3]{x+a}$ and $u = x+a$)

85. $\int \sec^3 \theta \tan \theta d\theta$ ($u = \cos \theta$ and $u = \sec \theta$)

86. **sin² ax and cos² ax integrals** Use the Substitution Rule to prove that

$$\int \sin^2 ax dx = \frac{x}{2} - \frac{\sin(2ax)}{4a} + C \quad \text{and}$$

$$\int \cos^2 ax dx = \frac{x}{2} + \frac{\sin(2ax)}{4a} + C$$

87. **Integral of sin² x cos² x** Consider the integral

$$I = \int \sin^2 x \cos^2 x dx.$$

- Find I using the identity $\sin 2x = 2 \sin x \cos x$.
- Find I using the identity $\cos^2 x = 1 - \sin^2 x$.
- Confirm that the results in parts (a) and (b) are consistent and compare the work involved in each method.

88. **Substitution: shift** Perhaps the simplest change of variables is the shift or translation given by $u = x + c$, where c is a real number.

a. Prove that shifting a function does not change the net area under the curve, in the sense that

$$\int_a^b f(x+c) dx = \int_{a+c}^{b+c} f(u) du.$$

b. Draw a picture to illustrate this change of variables in the case that $f(x) = \sin x$, $a = 0$, $b = \pi$, $c = \pi/2$.

89. **Substitution: scaling** Another change of variables that can be interpreted geometrically is the scaling $u = cx$, where c is a real number. Prove and interpret the fact that

$$\int_a^b f(cx) dx = \frac{1}{c} \int_{ac}^{bc} f(u) du.$$

Draw a picture to illustrate this change of variables in the case that $f(x) = \sin x$, $a = 0$, $b = \pi$, $c = \frac{1}{2}$.

90–93. **Multiple substitutions** Use two or more substitutions to find the following integrals.

90. $\int x \sin^4(x^2) \cos(x^2) dx$

(Hint: Begin with $u = x^2$, then use $v = \sin u$.)

91. $\int \frac{dx}{\sqrt{1+\sqrt{1+x}}}$ (Hint: Begin with $u = \sqrt{1+x}$.)

92. $\int \tan^{10}(4x) \sec^2(4x) dx$ (Hint: Begin with $u = 4x$.)

93. $\int_0^{\pi/2} \frac{\cos \theta \sin \theta}{\sqrt{\cos^2 \theta + 16}} d\theta$ (Hint: Begin with $u = \cos \theta$.)

QUICK CHECK ANSWERS

- $u = x^4 + 5$
- With $u = x^5 + 6$, we have $du = 5x^4 dx$, and x^4 does not appear in the integrand.
- New equation: $u^2 - 13u + 36 = 0$; roots: $x = \pm 2, \pm 3$

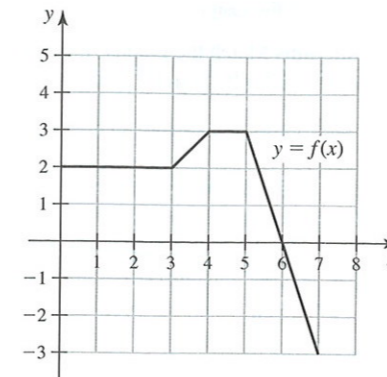
f. $\int_a^b (2f(x) - 3g(x)) dx = 2 \int_a^b f(x) dx - 3 \int_a^b g(x) dx$

g. $\int f'(g(x))g'(x) dx = f(g(x)) + C$

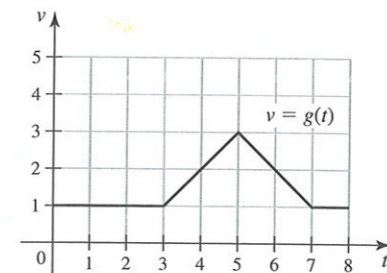
2. **Velocity to displacement** An object travels on the x -axis with a velocity given by $v(t) = 2t + 5$, for $0 \leq t \leq 4$.

- How far does the object travel for $0 \leq t \leq 4$?
- What is the average value of v on the interval $[0, 4]$?
- True or false: The object would travel as far as in part (a) if it traveled at its average velocity (a constant) for $0 \leq t \leq 4$.

3. **Area by geometry** Use geometry to evaluate $\int_0^7 f(x) dx$, where the graph of f is given in the figure.



4. **Displacement by geometry** Use geometry to find the displacement of an object moving along a line for $0 \leq t \leq 8$, where the graph of its velocity $v = g(t)$ is given in the figure.



5. **Area by geometry** Use geometry to evaluate $\int_0^4 \sqrt{8x - x^2} dx$ (Hint: Complete the square of $8x - x^2$ first).

6. **Bagel output** The manager of a bagel bakery collects the following production rate data (in bagels per minute) at six different times during the morning. Estimate the total number of bagels produced between 6:00 and 7:30 a.m.

Time of day (a.m.)	Production rate (bagels/min)
6:00	45
6:15	60
6:30	75
6:45	60
7:00	50
7:15	40

7. **Integration by Riemann sums** Consider the integral $\int_1^4 (3x - 2) dx$.

- Give the right Riemann sum for the integral with $n = 3$.
- Use summation notation to write the right Riemann sum for an arbitrary positive integer n .
- Evaluate the definite integral by taking the limit as $n \rightarrow \infty$ of the Riemann sum in part (b).

8. **Evaluating Riemann sums** Consider the function $f(x) = 3x + 4$ on the interval $[3, 7]$. Show that the midpoint Riemann sum with $n = 4$ gives the exact area of the region bounded by the graph.

9. **Sum to integral** Evaluate the following limit by identifying the integral that it represents:

$$\lim_{n \rightarrow \infty} \sum_{k=1}^n \left[\left(\frac{4k}{n} \right)^8 + 1 \right] \left(\frac{4}{n} \right).$$

10. **Area function by geometry** Use geometry to find the area $A(x)$ that is bounded by the graph of $f(t) = 2t - 4$ and the t -axis between the point $(2, 0)$ and the variable point $(x, 0)$, where $x \geq 2$. Verify that $A'(x) = f(x)$.

11–26. **Evaluating integrals** Evaluate the following integrals.

11. $\int_{-2}^2 (3x^4 - 2x + 1) dx$ 12. $\int \cos 3x dx$

13. $\int_0^2 (x+1)^3 dx$ 14. $\int_0^1 (4x^{21} - 2x^{16} + 1) dx$

15. $\int_{-2}^2 (9x^8 - 7x^6) dx$ 16. $\int_{-2}^2 e^{4x+8} dx$

17. $\int_0^1 \sqrt{x}(\sqrt{x} + 1) dx$ 18. $\int \frac{x^2}{x^3 + 27} dx$

19. $\int_0^1 \frac{dx}{\sqrt{4-x^2}}$ 20. $\int y^2(3y^3 + 1)^4 dy$

21. $\int_0^3 \frac{x}{\sqrt{25-x^2}} dx$ 22. $\int x \sin x^2 \cos^8 x^2 dx$

23. $\int \sin^2 5\theta d\theta$ 24. $\int_0^\pi (1 - \cos^2 3\theta) d\theta$

25. $\int \frac{x^2 + 2x - 2}{x^3 + 3x^2 - 6x} dx$ 26. $\int_0^{\ln 2} \frac{e^x}{1 + e^{2x}} dx$

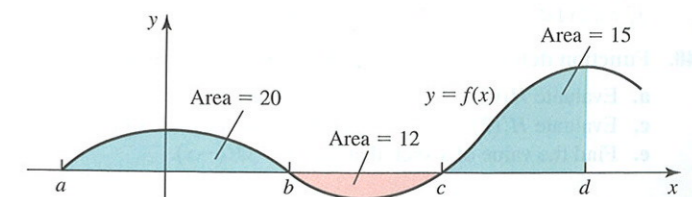
27. **Symmetry properties** Suppose that $\int_0^4 f(x) dx = 10$ and $\int_0^4 g(x) dx = 20$. Furthermore, suppose that f is an even function and g is an odd function. Evaluate the following integrals.

a. $\int_{-4}^4 f(x) dx$ b. $\int_{-4}^4 3g(x) dx$ c. $\int_{-4}^4 (4f(x) - 3g(x)) dx$

28. **Properties of integrals** The figure shows the areas of regions bounded by the graph of f and the x -axis. Evaluate the following integrals.

a. $\int_a^c f(x) dx$ b. $\int_b^d f(x) dx$ c. $2 \int_c^b f(x) dx$

d. $4 \int_a^d f(x) dx$ e. $3 \int_a^b f(x) dx$ f. $2 \int_b^d f(x) dx$



CHAPTER 5 REVIEW EXERCISES

- Explain why or why not** Determine whether the following statements are true and give an explanation or counterexample. Assume f and f' are continuous functions for all real numbers.
 - If $A(x) = \int_a^x f(t) dt$ and $f(t) = 2t - 3$, then A is a quadratic function.
 - Given an area function $A(x) = \int_a^x f(t) dt$ and an antiderivative F of f , it follows that $A'(x) = F(x)$.
 - $\int_a^b f'(x) dx = f(b) - f(a)$
 - If $\int_a^b |f(x)| dx = 0$, then $f(x) = 0$ on $[a, b]$.
 - If the average value of f on $[a, b]$ is zero, then $f(x) = 0$ on $[a, b]$.

- How far does the object travel for $0 \leq t \leq 4$?
- What is the average value of v on the interval $[0, 4]$?
- True or false: The object would travel as far as in part (a) if it traveled at its average velocity (a constant) for $0 \leq t \leq 4$.

8. **Evaluating Riemann sums** Consider the function $f(x) = 3x + 4$ on the interval $[3, 7]$. Show that the midpoint Riemann sum with $n = 4$ gives the exact area of the region bounded by the graph.