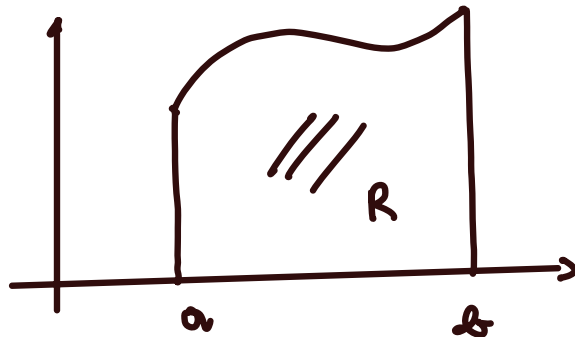


Lezioni del 15 e 19 Dicembre 2023

$$f \geq 0, \quad f: [a, b] \rightarrow \mathbb{R}$$

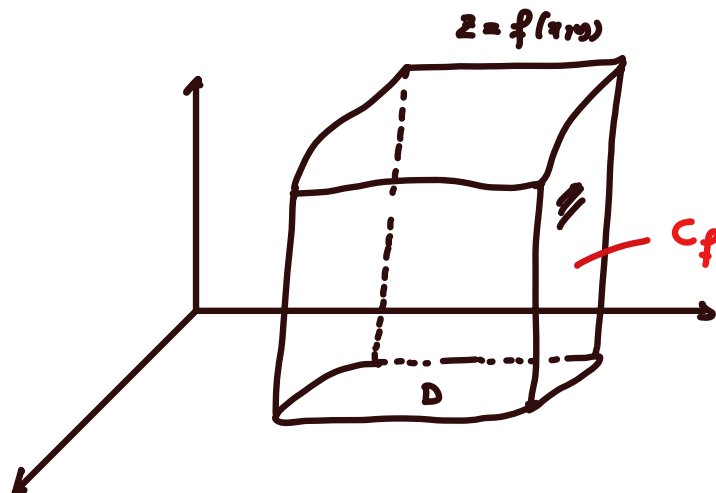
$$\int_a^b f(x) dx = \text{Area}(R)$$



$$f(x, y) \quad f: D \subseteq \mathbb{R}^2 \rightarrow \mathbb{R} \quad \text{continuous}$$

$$f \geq 0 \quad \iint_D f(x, y) dx dy \quad ??$$

$$C_f = \{ (x, y, z) \in \mathbb{R}^3 : (x, y) \in D, \quad 0 \leq z \leq f(x, y) \}$$

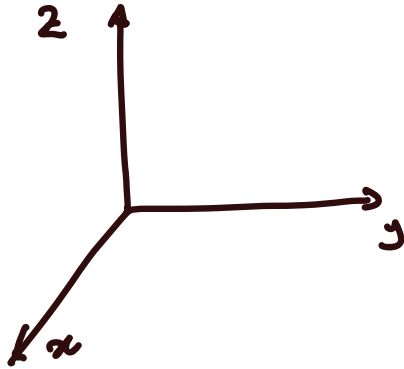


CILINDROIDE
RELATIVO
AD $f(x, y)$

$$\iint_D f(x,y) dx dy = \text{Vol}(C_f)$$

Integrali tripli

$$\iiint_E f(x,y,z) dx dy dz$$



Def. (Dominio normale rispetto a xy)

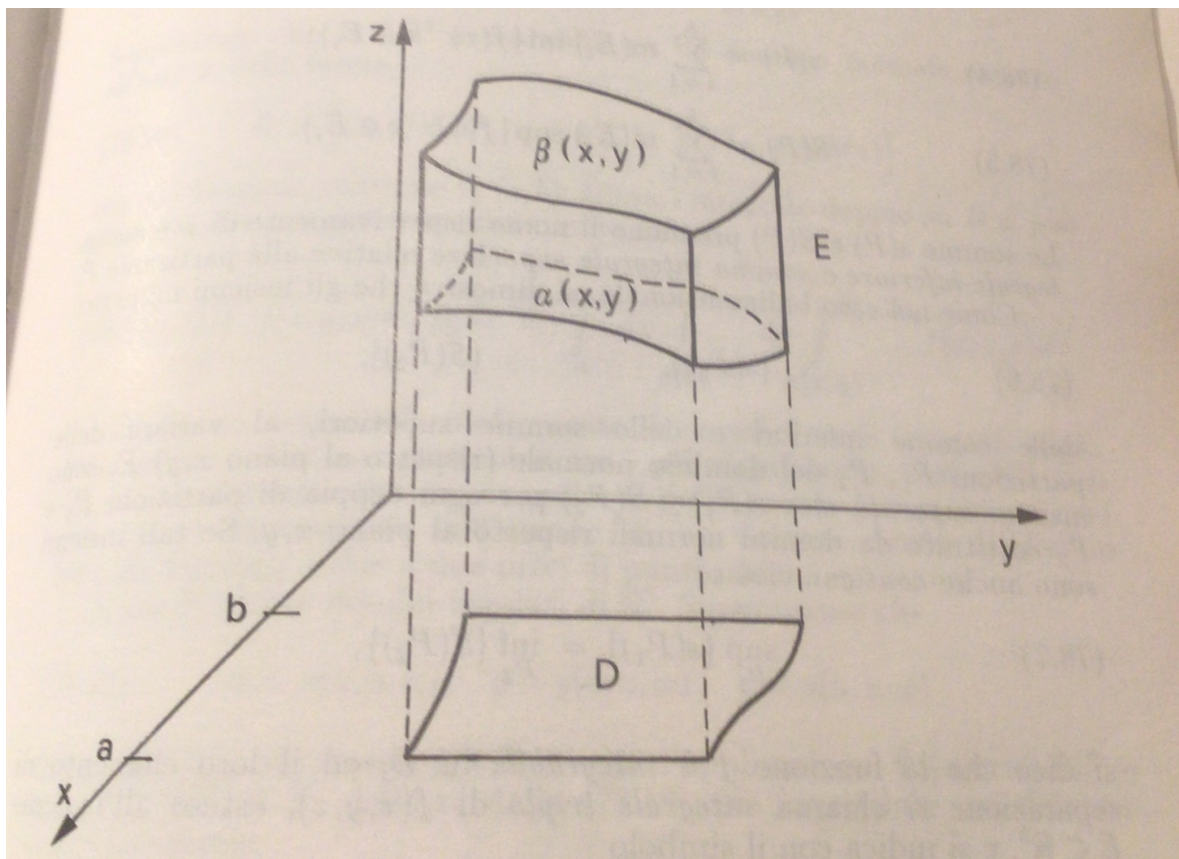
$$E \subseteq \mathbb{R}^3$$

$$E = \{ (x,y,z) \in \mathbb{R}^3 : (x,y) \in D, \alpha(x,y) \leq z \leq \beta(x,y) \}$$

$D \subseteq \mathbb{R}^2$ dominio regolare

$$\alpha(x,y) \leq \beta(x,y) \quad \forall (x,y) \in D$$

funzioni continue



$$\text{Vol}(E) = \iint_D [\beta(x,y) - \alpha(x,y)]$$

$E \subseteq \mathbb{R}^3$ normale rispetto al piano yz :

$$E = \left\{ (x,y,z) \in \mathbb{R}^3 : (y,z) \in D, \right. \\ \left. \alpha(y,z) \leq x \leq \beta(y,z) \right\} \quad D \subseteq \mathbb{R}_{yz}^2$$

$$\text{Vol}(E) = \iint_D [\beta(y,z) - \alpha(y,z)] dy dz$$

$E \subseteq \mathbb{R}^3$ normale rispetto al piano xz :

$$E = \{ (x, y, z) \in \mathbb{R}^3 : (x, z) \in D, \alpha(x, z) \leq y \leq \beta(x, z) \}$$

$$\text{VOL}(E) = \iint_D [\beta(x, z) - \alpha(x, z)] dx dz$$

$f(x, y, z)$, $f: E \subseteq \mathbb{R}^3 \rightarrow \mathbb{R}$ limitata
 E dominio normale

$$\iiint_E f(x, y, z) dx dy dz$$

f continua su $E \Rightarrow f$ è integrabile su E .

FORMULE DI RIDUZIONE

$f(x, y, z)$, $f: E \rightarrow \mathbb{R}$
continua

Allora: se

$$E = \{ (x, y, z) \in \mathbb{R}^3 : (x, y) \in D, \alpha(x, y) \leq z \leq \beta(x, y) \}$$

$$\iiint_E f(x, y, z) dx dy dz = \iint_D dx dy \int_{\alpha(x, y)}^{\beta(x, y)} f(x, y, z) dz$$

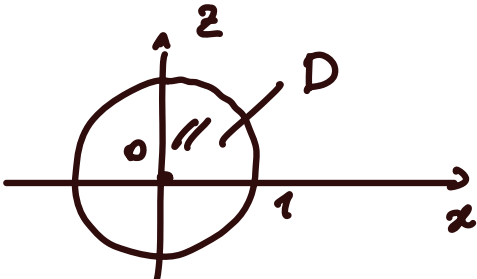
$$E = \left\{ (x, y, z) \in \mathbb{R}^3 : (y, z) \in D, \right. \\ \left. \alpha(y, z) \leq x \leq \beta(y, z) \right\}$$

$$\iiint_E f(x, y, z) dx dy dz = \iint_D dy dz \int_{\alpha(y, z)}^{\beta(y, z)} f(x, y, z) dx$$

$$E = \left\{ (x, y, z) \in \mathbb{R}^3 : (x, z) \in D, \right. \\ \left. \alpha(x, z) \leq y \leq \beta(x, z) \right\}$$

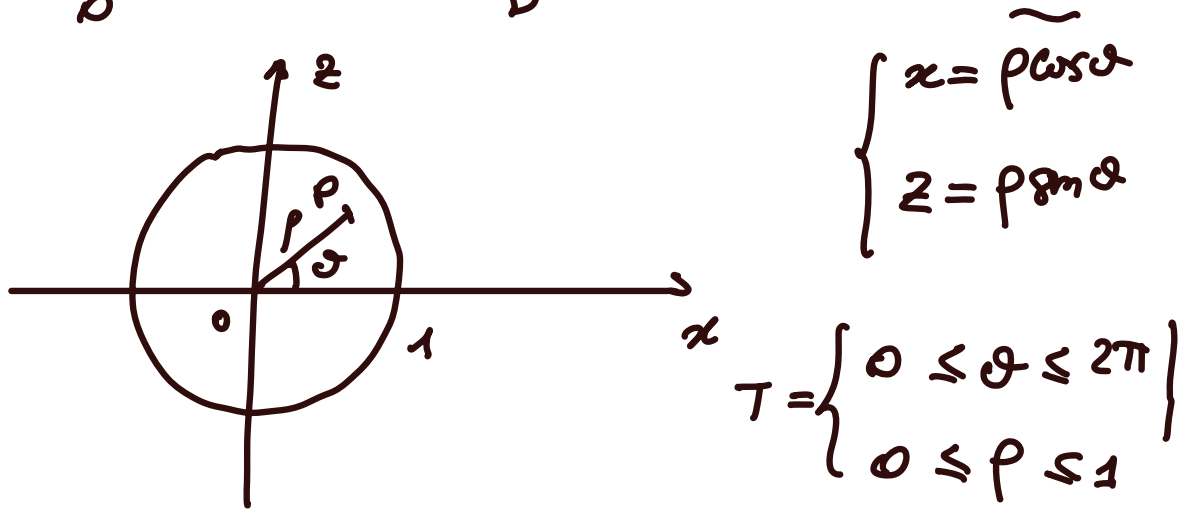
$$\iiint_E f(x, y, z) dx dy dz = \iint_D dx dz \int_{\alpha(x, z)}^{\beta(x, z)} f(x, y, z) dy$$

1) $\iiint_E x dx dy dz$ $E = \left\{ (x, y, z) : z^2 + x^2 \leq 1, \right. \\ \left. \alpha \leq y \leq \beta \right\}$



$\alpha \leq y \leq \beta$
 normale
 rispetto ad xz

$$= \iint_D dx dz \int_0^{1-x-z} x dy = \iint_D x(1-x-z) dx dz$$



$$= \iint_T \rho \cos \theta (1 - \rho \cos \theta - \rho \sin \theta) \rho d\rho d\theta$$

$$= \iint_T \rho^2 \cos \theta d\rho d\theta - \iint_T \rho^3 \cos^2 \theta d\theta - \iint_T \rho^3 \sin \theta \cos \theta d\rho d\theta$$

$$= \int_0^1 d\rho \int_0^{2\pi} \rho^2 \cos \theta d\theta$$

$$- \int_0^1 d\rho \int_0^{2\pi} \rho^3 \cos^2 \theta d\theta \quad \left(\int \cos^2 \theta d\theta \right)$$

$$- \int_0^1 d\rho \int_0^{2\pi} \rho^3 (\sin \theta \cos \theta) d\theta \quad \left(\int \sin \theta \cos \theta d\theta = \frac{\sin^2 \theta}{2} + c \right)$$

$$\begin{aligned}
 \int \cos^2 \theta \, d\theta &= \int \cos \theta \cos \theta \, d\theta = (\text{P. PARTI}) = \\
 &= \sin \theta \cos \theta + \int \sin^2 \theta \, d\theta = \\
 &= \sin \theta \cos \theta + \theta - \int \cos^2 \theta \, d\theta
 \end{aligned}$$

$$\int \cos^2 \theta \, d\theta = \frac{\sin \theta \cos \theta + \theta}{2} + C$$

$$\iiint \dots = -\frac{1}{4} \left(\frac{\sin \theta \cos \theta + \theta}{2} \right) \Big|_0^{2\pi} = -\frac{\pi}{4}$$

21 Calcolare il volume di

$$E = \left\{ (x, y, z) \in \mathbb{R}^3 : \underbrace{x^2 + y^2}_{\alpha(x, y)} \leq z \leq \underbrace{3 - 2y}_{\beta(x, y)} \right\}$$

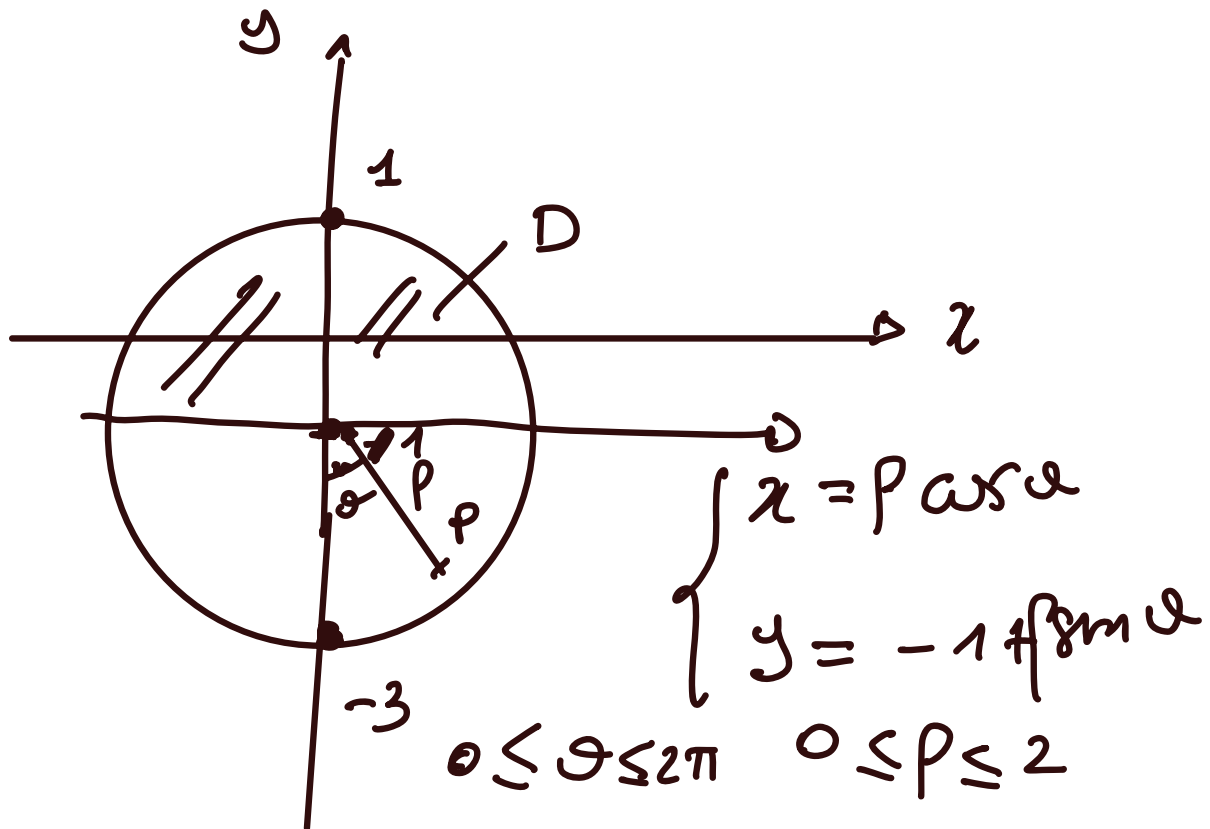
$$\downarrow \quad \checkmark$$

$$x^2 + y^2 \leq 3 - 2y$$

$$\Leftrightarrow x^2 + y^2 + 2y \leq 3$$

$$c = (0, -1)$$

$$R = 2$$



$$\text{Vol}(E) = \iint_D [3 - 2y - x^2 - y^2] dx dy$$

$$\text{Vol}(E) = \iint_D [f(x,y) - d(x,y)]$$

$$\left\{ \begin{array}{l} x = p \cos \theta \\ y = -1 + p \sin \theta \end{array} \right. \quad T = \left\{ \begin{array}{l} 0 \leq p \leq 2 \\ 0 \leq \theta \leq 2\pi \end{array} \right\}$$

$$= \iint_T p \left[3 - 2(-1 + \rho g m \theta) - \rho^2 c s^2 \theta - (-1 + \rho g m \theta)^2 \right] d\rho d\theta$$

$$= \iint_T p \left[3 + 2 - 2\rho g m \theta - \rho^2 c s^2 \theta - 1 - \rho^2 g m^2 \theta + 2\rho g m \theta \right] d\rho d\theta$$

$$= \iint_T p [4 - \rho^2] d\rho d\theta =$$

$$= \int_0^2 d\rho \int_0^{2\pi} p(4 - \rho^2) d\theta =$$

$$= 2\pi \int_0^2 p(4 - \rho^2) d\rho$$

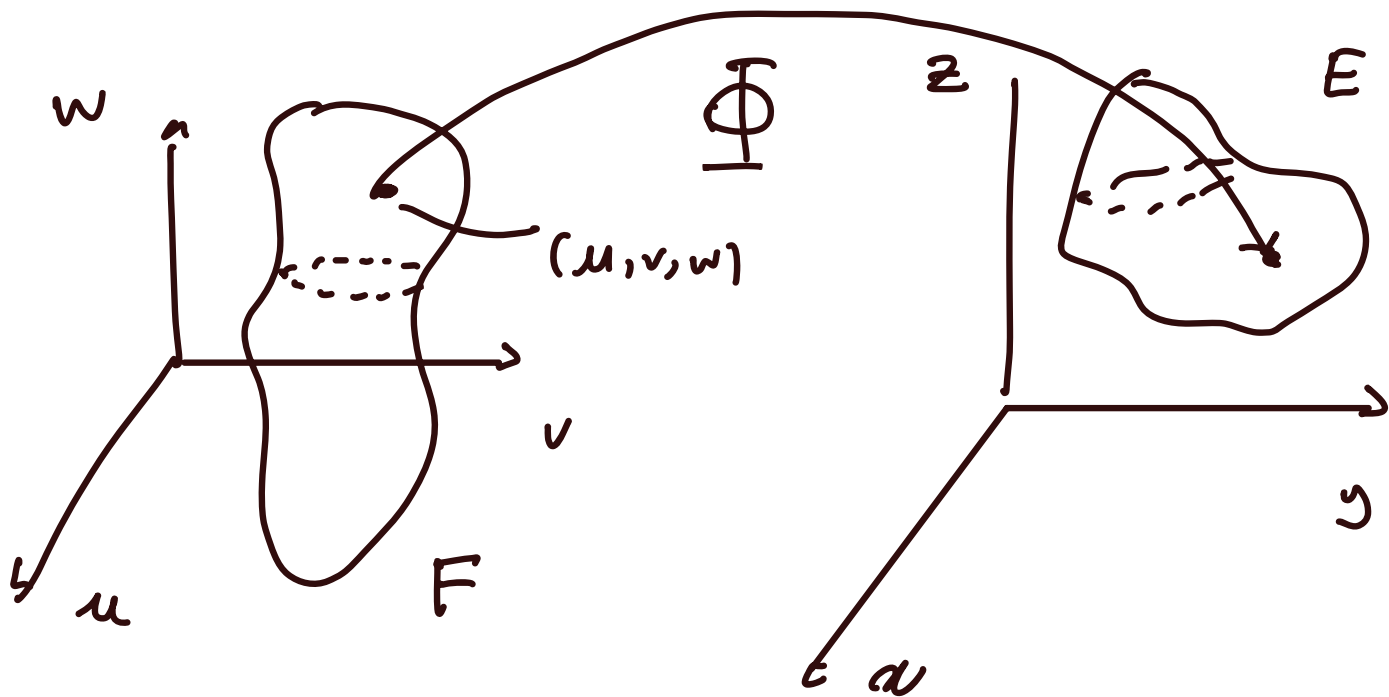
$$= -\pi \int_0^2 (-2\rho)(4 - \rho^2) d\rho$$

$$= -\pi \int_{\rho=0}^{\rho=2} \left[\frac{(4-\rho^2)^2}{2} \right] \rho=2$$

$$= -\frac{\pi}{2} [-16] = 8\pi$$

Def $E \subseteq \mathbb{R}^3$ dominiis regular

$$\bar{\Phi} = \Phi(u, v, w)$$



$$(x, y, z) \quad \Phi \equiv \begin{cases} x = x(u, v, w) \\ y = y(u, v, w) \\ z = z(u, v, w) \end{cases}$$

$$\det \frac{\partial(x, y, z)}{\partial(u, v, w)} = \begin{vmatrix} x_u & x_v & x_w \\ y_u & y_v & y_w \\ z_u & z_v & z_w \end{vmatrix}$$

DETERMINANTE JACOBIANO

$$\iiint_E f(x, y, z) dx dy dz =$$

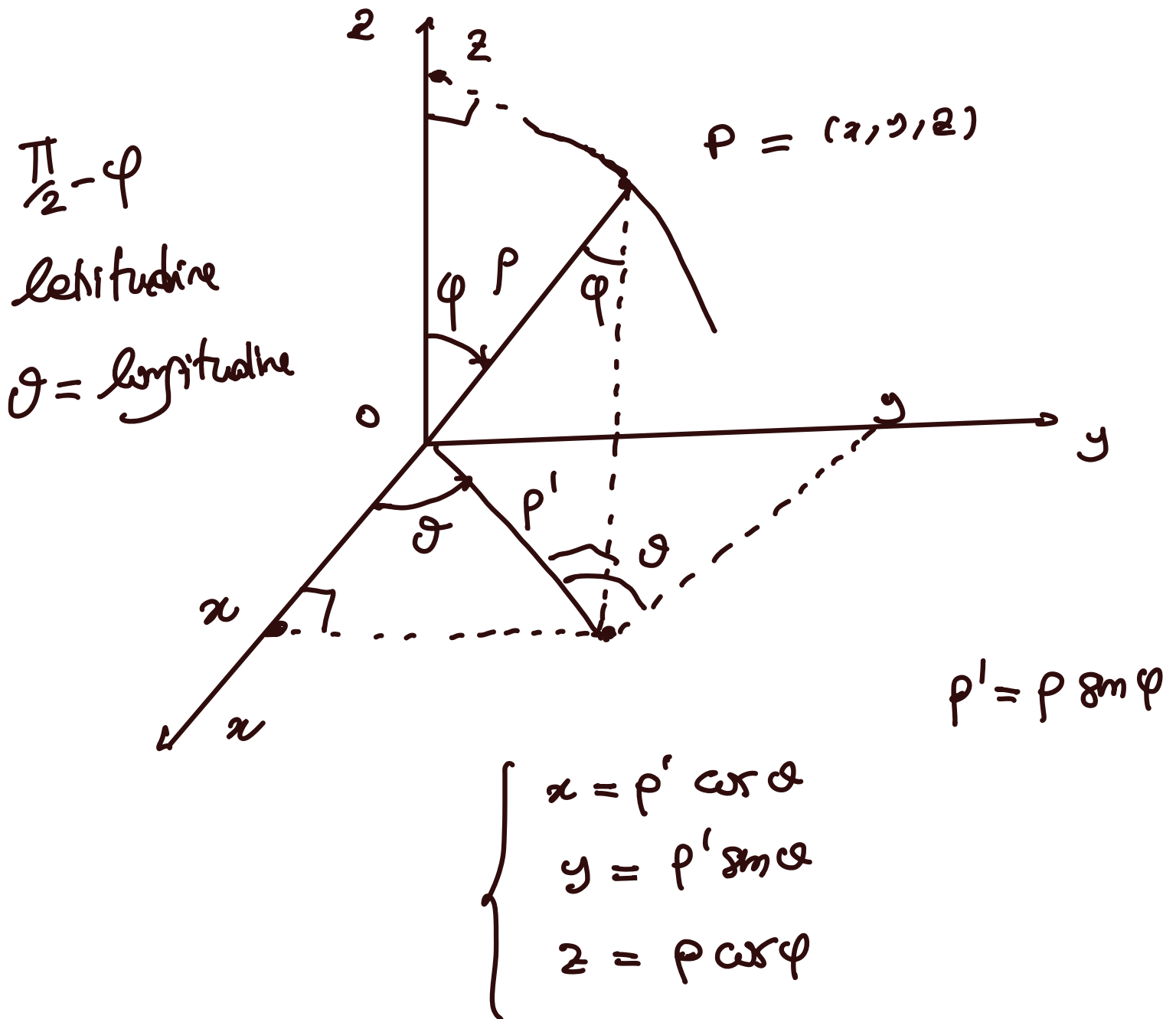
E

$$\iiint_F f(x(u, v, w), y(u, v, w), z(u, v, w)) \left| \det \frac{\partial(x, y, z)}{\partial(u, v, w)} \right| du dv dw$$

TRASFORMAZIONE ALLE COORDINATE

SFERICHE

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



$$\begin{cases} x = \rho \sin \varphi \cos \alpha \\ y = \rho \sin \varphi \sin \alpha \\ z = \rho \cos \varphi \end{cases}$$



trasformazione delle coordinate sferiche

$$x^2 + y^2 + z^2 = \rho^2 \quad \text{sfera centrata}$$

in $(0,0,0) = 0$
e raggio $R = \rho$

$$\det \frac{\partial(x,y,z)}{\partial(\rho,\varphi,\alpha)} = \begin{vmatrix} x_\rho & x_\varphi & x_\alpha \\ y_\rho & y_\varphi & y_\alpha \\ z_\rho & z_\varphi & z_\alpha \end{vmatrix} =$$

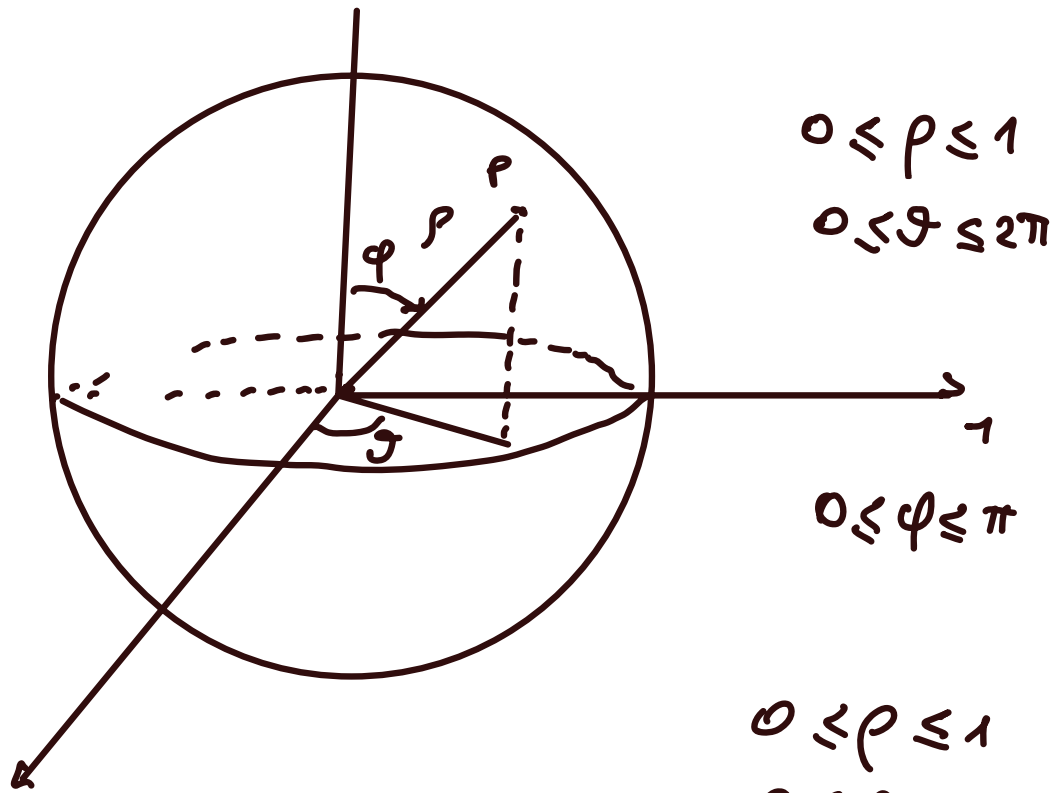
$$\begin{matrix} \underbrace{\quad} & \underbrace{\quad} & \underbrace{\quad} \\ u & v & w \end{matrix}$$

$$= \underbrace{\rho^2 \sin \varphi}$$

ES.

$$\iiint_E \underbrace{\sqrt{x^2 + y^2 + z^2}}_{\rho} \, dx \, dy \, dz$$

E sfera centrata in O e
raggio 1



$$0 \leq \rho \leq 1$$

$$0 \leq \vartheta \leq 2\pi$$

$$0 \leq \varphi \leq \pi$$

$$0 \leq \rho \leq 1$$

$$0 \leq \vartheta \leq 2\pi$$

$$0 \leq \varphi \leq \pi$$

$$= \iiint_F \rho \cdot \rho^2 \sin \varphi \, d\rho \, d\vartheta \, d\varphi$$

$$= \iiint_F \rho^3 \sin \varphi \, d\rho \, d\vartheta \, d\varphi =$$

f. le di
riduzione

$$= \int_0^1 d\rho \int_0^{2\pi} d\vartheta \int_0^\pi \rho^3 \sin \varphi \, d\varphi$$

$$\int \sin \varphi \, d\varphi = -\cos \varphi + c$$

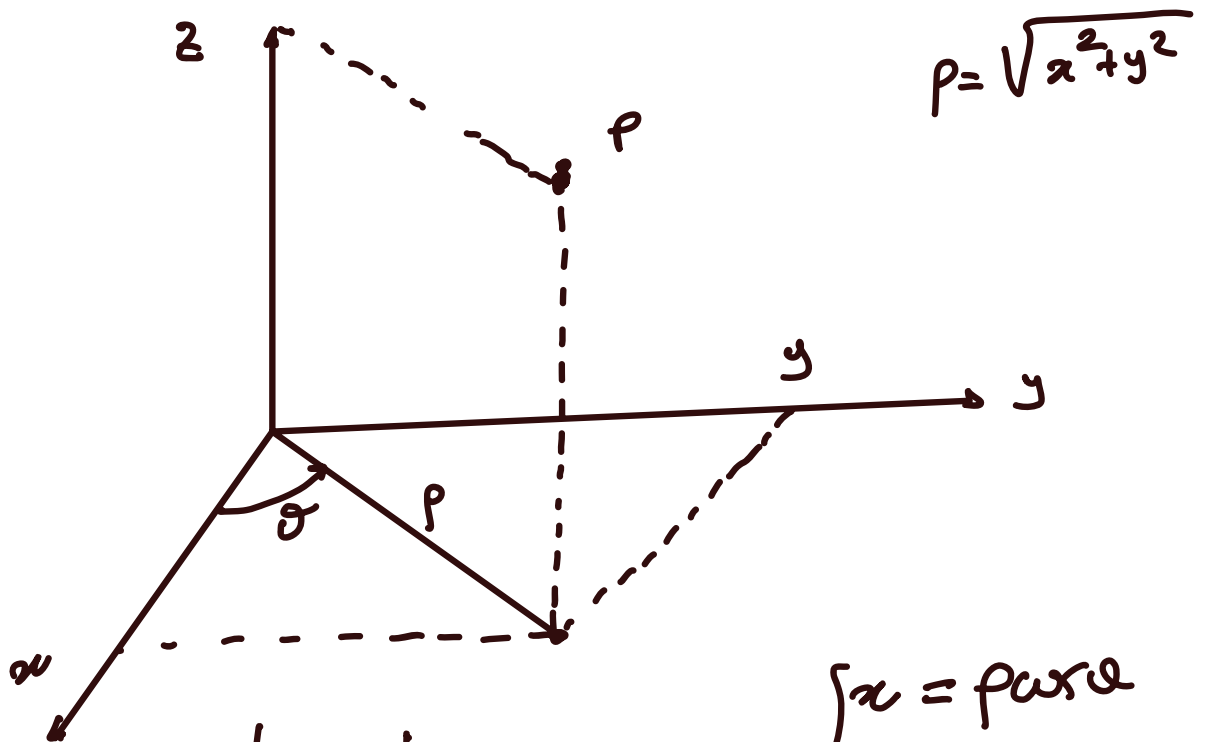
$$\int_0^\pi \sin \varphi \, d\varphi = -(\cos \varphi)_0^\pi$$

$$= -(-1 - 1) \\ = 2$$

$$= 2 \int_0^1 \rho^3 d\rho \cdot \int_0^{2\pi} d\alpha$$

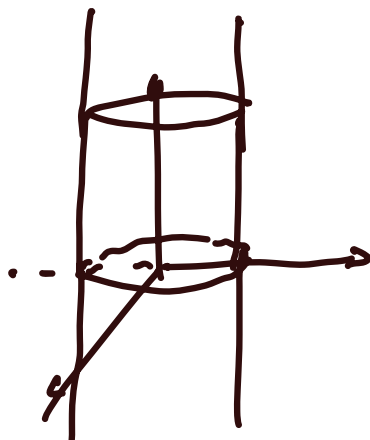
$$= \cancel{4} \pi \left(\frac{\rho^4}{4} \right)_0^1 = \pi.$$

Trasformazione alle coordinate cilindriche



$$\begin{cases} x = \rho \cos \alpha \\ y = \rho \sin \alpha \\ z = z \end{cases}$$

$$x^2 + y^2 = \rho^2$$



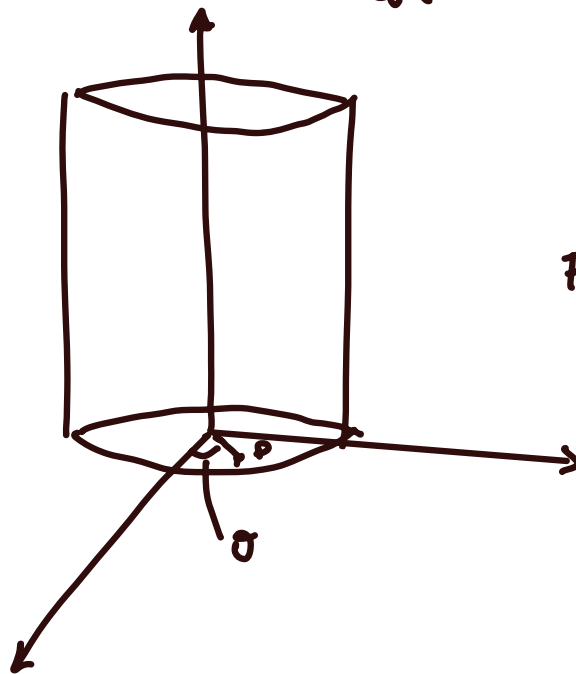
$$\frac{\partial(x, y, z)}{\partial(\rho, \vartheta, z)} = \begin{vmatrix} x_\rho & x_\vartheta & x_z \\ y_\rho & y_\vartheta & y_z \\ z_\rho & z_\vartheta & z_z \end{vmatrix} = \begin{vmatrix} \cos\vartheta \\ \sin\vartheta \\ 0 \end{vmatrix}$$

$$= \begin{vmatrix} \cos\vartheta & -\rho\sin\vartheta & 0 \\ \sin\vartheta & \rho\cos\vartheta & 0 \\ 0 & 0 & 1 \end{vmatrix} = \rho$$

Es

$$\iiint_E xz \, dx \, dy \, dz$$

$E \equiv$ cilindro di raggio 1
altezza 1



$$F = \begin{cases} 0 \leq \vartheta \leq \pi \\ 0 \leq \rho \leq 1 \\ 0 \leq z \leq 1 \end{cases}$$

$$\iiint_E xz \, dx \, dy \, dz = \iiint_F \rho \cos\vartheta \cdot z \cdot \rho \, d\rho \, d\vartheta \, dz$$

$$= \iiint_F \rho^2 z \cos \vartheta \, d\rho \, d\vartheta \, dz = \iiint x^2 z \, dx \, dy \, dz$$

$$= \int_0^1 d\rho \int_0^\pi d\vartheta \int_0^1 \rho^2 z \cos \vartheta \, dz =$$

$$= \int_0^1 \rho^2 d\rho \int_0^\pi \cos \vartheta \, d\vartheta \int_0^1 z \, dz$$

$$= \frac{1}{6} (\sin \vartheta) = 0$$

1) Lunghezza di

$$\begin{cases} x = e^t \cos t \\ y = e^t \sin t \\ t \in [0, \pi/2] \end{cases}$$

$$x' = e^t \cos t - e^t \sin t$$

$$y' = e^t \sin t + e^t \cos t$$

$$(x')^2 + (y')^2 = e^{2t} \left[\cancel{\cos^2 t + \sin^2 t - 2 \sin t \cos t} + \cancel{\sin^2 t + \cos^2 t + 2 \sin t \cos t} \right]$$

$$= 2e^{2t}$$

$$L(\gamma) = \int_0^{\pi/2} \sqrt{(x')^2 + (y')^2} dt =$$

$$= \sqrt{2} \int_0^{\pi/2} e^t dt = \sqrt{2} (e^{\pi/2} - 1).$$

$$\rho = a\vartheta \quad \vartheta \in [0, \pi/4] \quad \rho' = a$$

$$\rho = \rho(\vartheta) \quad \vartheta \in [\vartheta_1, \vartheta_2]$$

$$L(\gamma) = \int_{\vartheta_1}^{\vartheta_2} \sqrt{\rho^2 + (\rho')^2} d\vartheta$$

$$= a \int_0^{\pi/4} \sqrt{1+\theta^2} d\theta$$

$$\int \sqrt{1+\theta^2} d\theta = \theta \sqrt{1+\theta^2} +$$

$$- \int \theta \cdot \frac{1}{\cancel{2}\sqrt{1+\theta^2}} \cdot \cancel{2}\theta d\theta$$

$$= \theta \sqrt{1+\theta^2} - \int \frac{1+\theta^2-1}{\sqrt{1+\theta^2}} d\theta$$

$$= \theta \sqrt{1+\theta^2} - \underbrace{\int \frac{(1+\theta^2)}{\sqrt{1+\theta^2}} d\theta}_{\int \sqrt{1+\theta^2} d\theta} + \int \frac{d\theta}{\sqrt{1+\theta^2}}$$

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

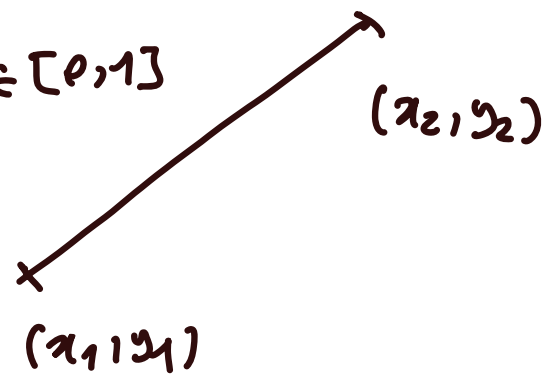
$$\int \frac{d\theta}{\sqrt{1+\theta^2}} = \log(\theta + \sqrt{1+\theta^2}) + C$$

2) $\int_{\gamma} \sqrt{x+2y} \, ds$

$\gamma \equiv$ segmento di estremi $(0,0)$
e $(2,4)$

$$\begin{cases} x = t x_2 + (1-t)x_1 \\ y = t y_2 + (1-t)y_1 \end{cases}$$

$$t \in [0,1]$$



$$(x_1, y_1) = (0,0)$$

$$(x_2, y_2) = (2,4)$$

$$\begin{cases} x = 2t \\ y = 4t \end{cases} \quad t \in [0,1]$$

$$\int_{\gamma} f(x, y) ds = \int_a^b f(x(t), y(t)) \sqrt{x'(t)^2 + y'(t)^2} dt$$

$$\begin{cases} x' = 2 \\ y' = 4 \end{cases} \quad (x')^2 + (y')^2 = 4 + 16 = 20$$

$$\sqrt{20} = 2\sqrt{5}$$

$$\int_{\gamma} \sqrt{x+2y} ds = \int_0^1 \sqrt{2t+8t} \cdot 2\sqrt{5} dt$$

$$= 2\sqrt{5} \int_0^1 \sqrt{10} \cdot \sqrt{t} dt = 2\sqrt{5} \cdot \sqrt{10} \cdot \frac{2}{3} (t\sqrt{t}) \Big|_0^1$$

$$= \frac{4}{3} \sqrt{50}$$

$$\int_{\gamma} z ds \quad \gamma z \begin{cases} x = 3 \cos t \\ y = 3 \sin t \\ z = 4t \end{cases}$$

$$t \in [0, \pi]$$

$$\begin{aligned} x' &= -3 \sin t \\ y' &= 3 \cos t \end{aligned}$$

$$z' = 4$$

$$(x')^2 + (y')^2 + (z')^2 = 9 + 16 = 25$$

$$\int_{\gamma} z \, ds = 5 \int_0^{\pi} 4t \, dt$$

$$4) \quad y'' - 2y' = e^x - 4$$

OMOGENEA

$$y'' - 2y' = 0$$

CASTAT.

$$\lambda^2 - 2\lambda = 0 \quad \lambda_1 = 0, \lambda_2 = 2$$

$$y = c_1 + c_2 e^{2x}$$

$$e^{\bar{\lambda}x} \quad p(x)$$

$$e^{\bar{\lambda}x} (\cos \dots + \sin \dots)$$

$$\circ) \quad y'' - 2y' = e^x \quad \leftarrow y_1$$

$$\circ\circ) \quad y'' - 2y' = -4 \quad \leftarrow y_2$$

$y_1 + y_2 = \bar{y}$ int. particul.
completa

$$f(x) = e^x = 1 \cdot e^{1 \cdot x} \quad \bar{\lambda} = 1 \quad \underline{\text{NO RADICE}}$$

$$y_1 = a e^x \quad y_1' = y_1'' = a e^x$$

$$a e^x - 2a e^x = e^x$$

$$- a e^x = e^x \quad \Leftrightarrow -a = 1 \quad \Leftrightarrow \boxed{a = -1}$$

$$y_1 = -e^x$$

$$\circ\circ) \quad f(x) = -4 = -4 \cdot e^{0 \cdot x} \quad \bar{\lambda} = 0 \quad \underline{\underline{\text{RADICE!}}}$$

$$y_2 = ax \quad : \quad y_2' = a, \quad y_2'' = 0$$

$$-2a = -4 \Leftrightarrow \boxed{a=2}$$

$$\boxed{y_2 = 2x}$$

$$y_0 = y_1 + y_2 = 2x - e^x$$

Int. gen. COMPLETA : $y = \underbrace{c_1 + c_2 e^{2x} + 2x - e^x}$

$$\begin{cases} y'' - 2y' = e^x - 4 \\ y(0) = 1 \\ y'(0) = 0 \end{cases}$$

$$y(0) = c_1 + c_2 - 1 = 1$$

$$c_1 + c_2 = 2$$

$$y' = 2c_2 e^{2x} + 2 - e^x$$

$$\Rightarrow y'(0) = 2c_2 + 1 \Leftrightarrow \boxed{c_2 = -\frac{1}{2}}$$

$$\left[c_1 = 2 - c_2 = 2 + \frac{1}{2} = \frac{5}{2} \right]$$

SOL. P.M. CAUCHY:

$$y = \frac{\ln 5}{2} - \frac{1}{2} e^{2x} + 2x - e^x$$

$$y' = -y + \underbrace{e^{-x} \cdot (\cos x)}_{b(x)}$$

$$y' = u(x)y + b(x)$$

$$A'(x) = a(x)$$

$$y(x) = e^{A(x)} \int b(x) e^{-A(x)} dx$$

$$a(x) = -1, \quad A(x) = -x$$

$$y(x) = e^{-x} \int \cos x \cdot \underbrace{e^{-x} \cdot e^x}_{1} dx =$$

$$= e^{-x} \int \cos x dx = e^{-x} (\sin x + C)$$

$$y' = 2x \sqrt{1-y^2}$$

$$\frac{dy}{dx} = 2x \sqrt{1-y^2} \quad : \int \frac{dy}{\sqrt{1-y^2}} = \int 2x dx$$

$$1-y^2 \neq 0 \Leftrightarrow \underline{\underline{y \neq \pm 1}}$$

$$\text{L'equazione} = x^2 + C$$

$y = \pm 1$ SONO INTEGRALE SINGOLARI:

$$y' = e^{x-y} \cos x = e^x \cdot e^{-y} \cos x$$

$$\frac{dy}{dx} = e^{-y} \cdot e^x \cos x$$

$$\int e^y dy = \int e^x \cos x dx$$

$$\left[e^y = \int e^x \cos x dx = \frac{e^x}{2} (\sin x + \cos x) + C \right]$$

$$\begin{aligned}\int e^x \cos x \, dx &= e^x \cos x + \int e^x \sin x \, dx = \\ &= e^x \cos x + e^x \sin x - \int e^x \cos x \, dx\end{aligned}$$

$$\int e^x \cos x = \frac{e^x}{2} (\sin x + \cos x) + C$$

$$\underline{\underline{y(0) = 1}}$$

$$e^{\overset{\sim}{y(0)}} = \frac{1}{2} + C$$

$$e = \frac{1}{2} + C \Leftrightarrow \underline{\underline{C = e - \frac{1}{2}}}$$

$$\| e^y = \frac{e^x}{2} (\sin x + \cos x) + e - \frac{1}{2} \|$$

$$y'' + y = \underline{\underline{\operatorname{tg} x}}$$

$$y'' + y = 0$$

$$y = C_1 \cos x + C_2 \sin x$$

$$\lambda^2 + 1 = 0 \quad \lambda = \pm i$$

$$y = C_1(x) \cos x + C_2(x) \sin x$$

$$\begin{cases} \cos x \cdot C_1'(x) + \sin x \cdot C_2'(x) = 0 \\ -\sin x \cdot C_1'(x) + \cos x \cdot C_2'(x) = \operatorname{tg} x \end{cases}$$

$$C_1'(x) = \begin{vmatrix} 0 & \sin x \\ \operatorname{tg} x & \cos x \end{vmatrix} = -\frac{\sin^2 x}{\cos x}$$

$$C_2'(x) = \begin{vmatrix} \cos x & 0 \\ -\sin x & \operatorname{tg} x \end{vmatrix} = \sin x$$

$$C_2(x) = -\cos x$$

$$-\int \frac{\sin^2 x}{\cos x} = - \left[\int \frac{1 - \cos^2 x}{\cos x} dx = \int \frac{1}{\cos x} dx - \int \cos x dx \right]$$

$$\int \frac{1}{\cos x} dx =$$

$$\sin x = \frac{2t}{1+t^2}$$

$$\cos x = \frac{1-t^2}{1+t^2}$$

$$= \int \frac{\cancel{1+t^2}}{1-t^2} \cdot \frac{2}{\cancel{1+t^2}} dt$$

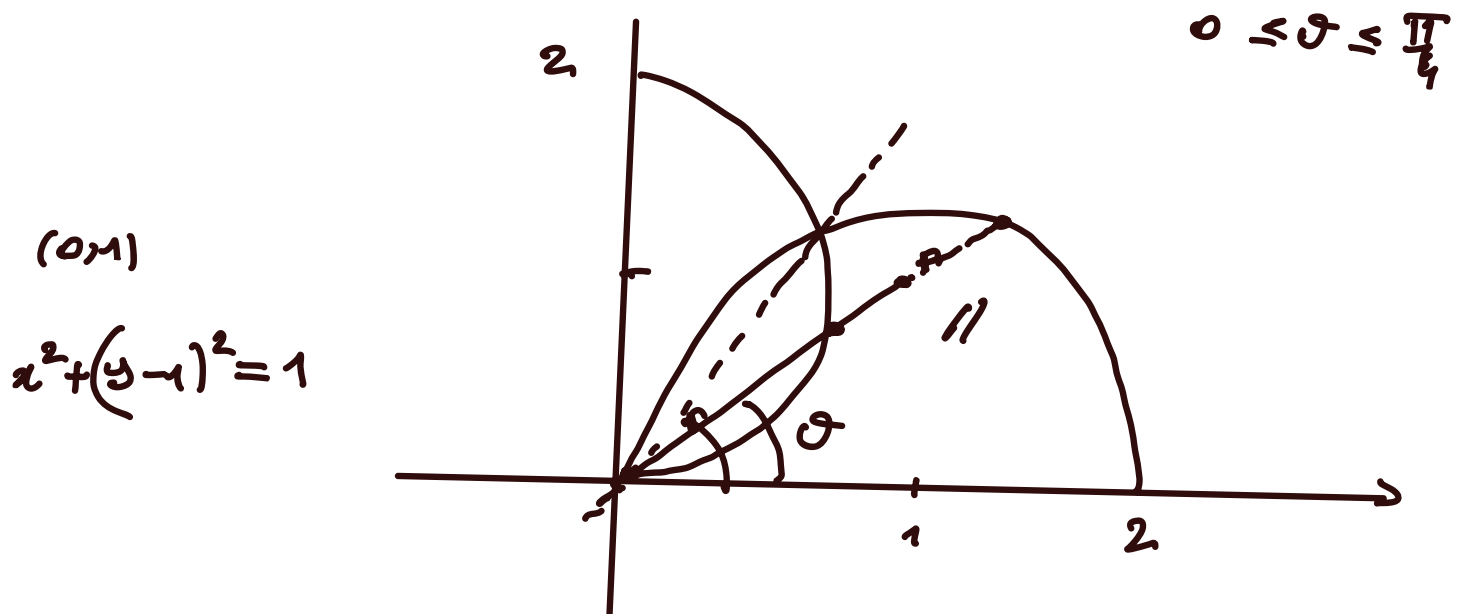
$$t = \tan \frac{x}{2}$$

$$x = 2 \arctan t$$

$$= -2 \int \frac{dt}{t^2-1} = \dots$$

$$dx = \frac{2}{1+t^2} dt$$

$$\iint \sqrt{x^2 + y^2} \, dx \, dy$$



$$\cancel{\rho^2 \cos^2 \theta} + \cancel{\rho^2 \sin^2 \theta} - 2\rho \sin \theta + 1 = 1$$

$$\cancel{\rho^2} = 2\rho \sin \theta \quad \rho = 2 \sin \theta$$

$$2 \sin \theta \leq \rho \leq 2 \cos \theta$$

$$(x-1)^2 + y^2 = 1$$

$$T = \{(\rho, \theta) : 0 \leq \theta \leq \frac{\pi}{4}\}$$

$$(\rho \cos \theta - 1)^2 + \rho^2 \sin^2 \theta = 1$$

$$2 \sin \theta \leq \rho \leq 2 \cos \theta$$

$$\cancel{\rho^2 \cos^2 \theta} + 1 - 2\rho \cos \theta + \cancel{\rho^2 \sin^2 \theta} = 1$$

$$\cancel{\rho^2} = 2\rho \cos \theta \quad \boxed{\rho = 2 \cos \theta}$$

$$\int_0^{\rho} \underbrace{\sqrt{x^2+y^2}}_{\rho} \, dx dy = \iint_T \rho \cdot \rho \, d\rho d\theta =$$

$$= \iint_T \rho^2 \, d\rho d\theta$$

$$= \int_0^{\pi/4} d\theta \int_{2\sin\theta}^{2\cos\theta} \rho^2 \, d\rho = \frac{1}{3} \int_0^{\pi/4} \left(\rho^3 \right)_{2\sin\theta}^{2\cos\theta} d\theta$$

$$= \frac{8}{3} \int_0^{\pi/4} [\cos^3\theta - \sin^3\theta] d\theta$$

$$\int \cos^3\theta \, d\theta = \int \cos\theta (1 - \sin^2\theta) \, d\theta = \int \cos\theta \, d\theta - \int \sin^2\theta \cos\theta \, d\theta$$

$$= \sin\theta - \frac{\sin^3\theta}{3} + C$$