

## 15.6

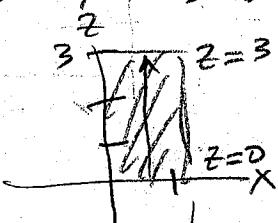
#1. Evaluate the given integral over the specified region using the three specified orders of integration.

$$\iiint_E xyz^2 dV$$

$$E = \{(x, y, z) | 0 \leq x \leq 1, -1 \leq y \leq 2, 0 \leq z \leq 3\}$$

(i) ...integrating first with respect to  $y$ , then  $z$ , and then  $x$ .

floor:  $y = -1$ , ceiling:  $y = 2$



$$\iiint_E xyz^2 dy dz dx$$

$$\int_{-1}^2 xyz^2 dy = xz^2 \left[ \frac{1}{2}y^2 \right]_1^2$$

$$= xz^2 \left( \frac{1}{2}(2^2 - 1^2) \right) = \frac{3}{2} xz^2$$

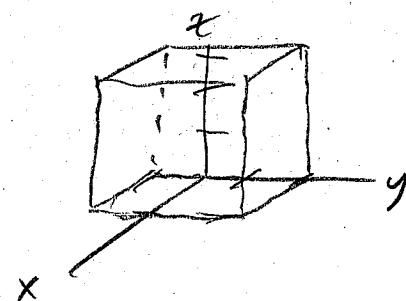
$$\int_0^3 \frac{3}{2} xz^2 dz = \frac{3}{2} x \left[ \frac{1}{3} z^3 \right]_0^3$$

$$= \frac{1}{2} x \left[ (3)^3 - (0)^3 \right] = \frac{27}{2} x$$

$$\int_0^1 \frac{27}{2} x dx = \frac{27}{2} \left[ \frac{1}{2} x^2 \right]_0^1$$

$$= \frac{27}{4} [(1) - (0)]$$

$$= \boxed{\frac{27}{4}}$$



(ii) ...integrating first with respect to  ~~$x$~~ , then  $y$ , and then  $z$ .

$$\iiint_E xyz^2 dx dy dz$$

$$\int_0^1 \int_{-1}^2 \int_0^3 xyz^2 dx dy dz$$

$$\int_0^1 xyz^2 dx = yz^2 \left[ \frac{1}{2}x^2 \right]_0^1 = yz^2 \frac{1}{2} ((1)^2 - (0)^2)$$

$$= \frac{1}{2} yz^2$$

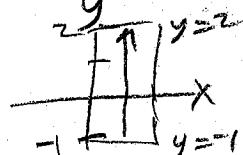
$$\int_{-1}^2 \frac{1}{2} yz^2 dy = \frac{1}{2} z^2 \left[ \frac{1}{2} y^2 \right]_{-1}^2 = \frac{1}{4} z^2 ((2^2 - (-1)^2))$$

$$\int_0^3 \frac{1}{4} z^2 dz = \frac{3}{4} \left[ \frac{1}{3} z^3 \right]_0^3 = \frac{1}{4} (27 - 0)$$

$$= \boxed{\frac{27}{4}}$$

(iii) ...integrating first with respect to  $z$ , then  $y$ , and then  $x$ .

$$\iiint_E xyz^2 dz dy dx$$



$$\int_0^3 xyz^2 dz = xy \left[ \frac{1}{3} z^3 \right]_0^3 = \frac{1}{3} xy ((3)^3 - (0)^3)$$

$$= 9xy$$

$$\int_{-1}^2 9xy dy = 9x \left[ \frac{1}{2} y^2 \right]_1^2 = \frac{9}{2} x ((2)^2 - (-1)^2)$$

$$= \frac{27}{2} x$$

$$\int_0^1 \frac{27}{2} x dx = \frac{27}{2} \left[ \frac{1}{2} x^2 \right]_0^1 = \frac{27}{4} ((1)^2 - (0)^2)$$

$$= \boxed{\frac{27}{4}}$$

#2. Evaluate the iterated integral

$$\iiint_E z e^{-y^2} dx dy dz$$

$$\begin{aligned} \int_0^y \int_0^z \int_0^y z e^{-y^2} dx dy dz &= \int_0^y \int_0^z z e^{-y^2} (y) dy dz \\ &= \int_0^y z y e^{-y^2} dy dz = z \int_0^y y e^{-y^2} dy dz \end{aligned}$$

$$\begin{aligned} u\text{-sub: } u &= -y^2 & y dy &= -\frac{1}{2} du & y=0 \rightarrow u=0 \\ u &= -y^2 & y &= \sqrt{-u} & y=z \rightarrow u=-z^2 \\ \frac{du}{dy} &= -2y & & & \\ & & & & \end{aligned}$$

$$\begin{aligned} z \int_0^{-z^2} e^u (-\frac{1}{2} du) &= -\frac{1}{2} z \left[ e^u \right]_0^{-z^2} = -\frac{1}{2} z \left[ e^{(-z^2)} - e^0 \right] \\ &= -\frac{1}{2} z e^{(-z^2)} + \frac{1}{2} z \end{aligned}$$

$$\int_0^1 \left( -\frac{1}{2} z e^{(-z^2)} dz + \frac{1}{2} z \right) dz$$

$$\begin{aligned} u\text{-sub: } u &= -z^2 & -z dz &= \frac{1}{2} du \\ u &= -z^2 & z=0 \rightarrow u=0 & \\ \frac{du}{dz} &= -2z & z=1 \rightarrow u=-1 & \end{aligned}$$

$$\int_0^1 \left( \frac{1}{2} \left( \frac{1}{2} du \right) e^u du + \frac{1}{2} \int_0^1 z dz \right)$$

$$-\frac{1}{4} \left[ e^u \right]_0^1 + \frac{1}{4} \int_0^1 z^2 dz$$

$$-\frac{1}{4} [e^{-1} - e^0] + \frac{1}{4} \left( \frac{1}{3} z^3 \Big|_0^1 \right)$$

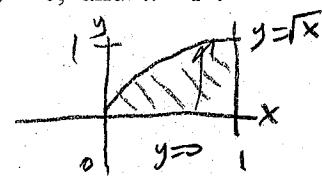
$$-\frac{1}{4} e^{-1} - \frac{1}{4} + \frac{1}{4}$$

$$=\boxed{\frac{1}{4}e}$$

#3. Evaluate the integral  $\iiint_E 6xy dV$

where  $E$  lies under the plane  $z = 1 + x + y$  and above the region in the  $xy$ -plane bounded by the curves  $y = \sqrt{x}$ ,  $y = 0$ , and  $x = 1$ .

projected on  $(xy)$



floor:  $z=0$ , ceiling:  $z=1+x+y$

$$\int_0^1 \int_0^{\sqrt{x}} \int_0^{1+x+y} 6xy dz dy dx$$

$$\int_0^1 \int_0^{\sqrt{x}} 6xy dz = 6xy \left[ z \right]_0^{1+x+y}$$

$$= 6xy(1+x+y) = 6xy + 6x^2y + 6xy^2$$

$$6 \int_0^{\sqrt{x}} (xy + x^2y + xy^2) dy$$

$$= 6 \left[ \frac{1}{2}xy^2 + \frac{1}{3}x^2y^2 + \frac{1}{3}xy^3 \right]_0^{\sqrt{x}}$$

$$= 3x(\sqrt{x})^2 + 3x^2(\sqrt{x})^2 + 2x(\sqrt{x})^3 - (0)$$

$$= 3x^2 + 3x^3 + 2x^{\frac{7}{2}}$$

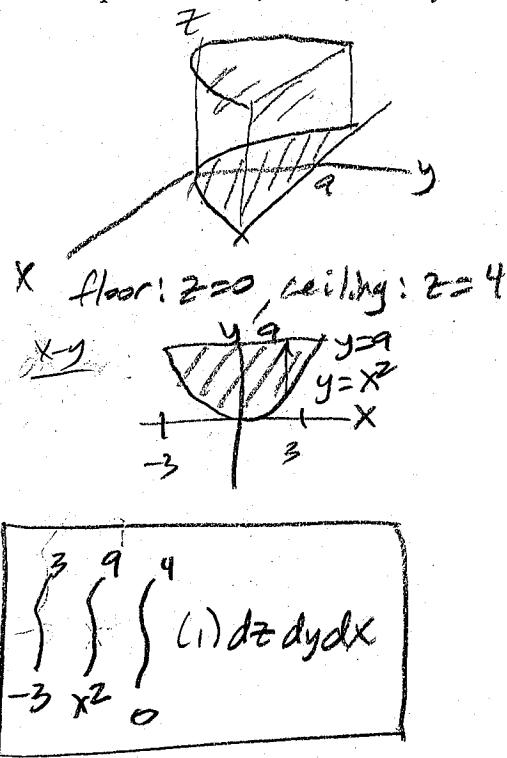
$$\int_0^1 (3x^2 + 3x^3 + 2x^{\frac{7}{2}}) dx$$

$$= \left[ x^3 + \frac{3}{4}x^4 + 2\left(\frac{2}{7}\right)x^{\frac{9}{2}} \right]_0^1$$

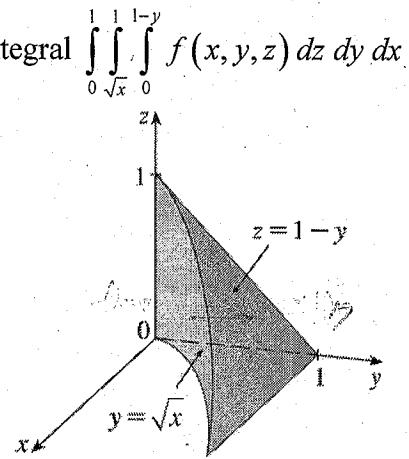
$$= (1)^3 + \frac{3}{4}(1)^4 + 2\left(\frac{2}{7}\right)(1)^{\frac{9}{2}} - (0)$$

$$= \boxed{\frac{65}{28}}$$

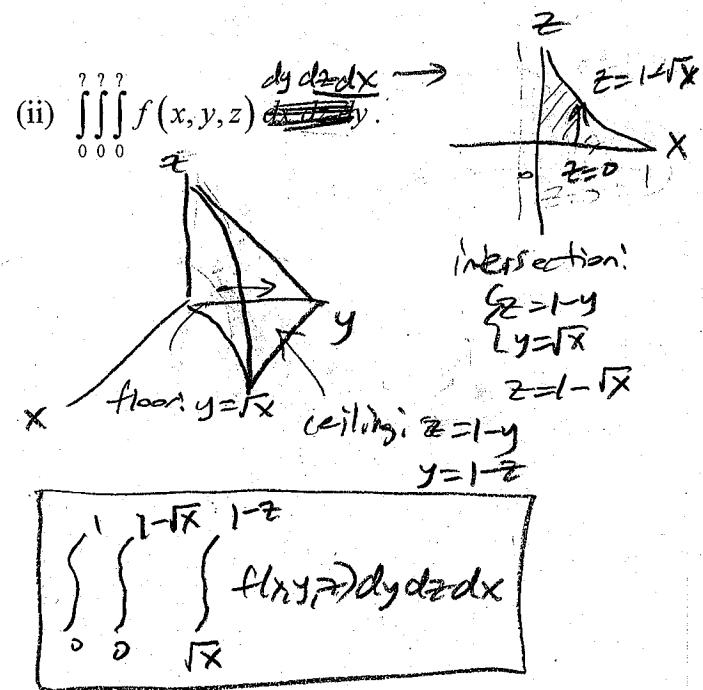
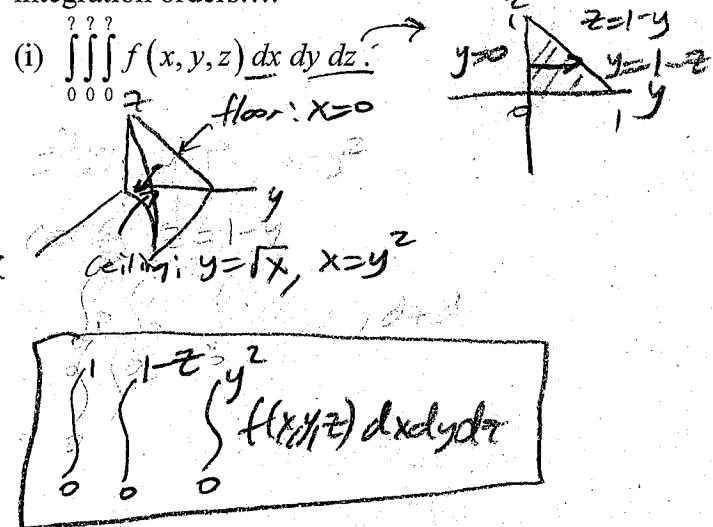
- #4. Set up (but do not evaluate) a triple integral to find the volume of the solid bounded by the cylinder  $y = x^2$  and the planes  $z = 0$ ,  $z = 4$ , and  $y = 9$ .



- #5. The figure shows the region of integration for the integral  $\int_0^1 \int_{\sqrt{x}}^1 \int_0^{1-y} f(x, y, z) dz dy dx$ .



Rewrite this integral (but do not evaluate) as an equivalent iterated integral in the specified integration orders....

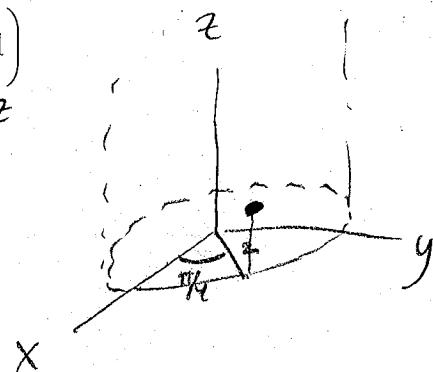


15.7

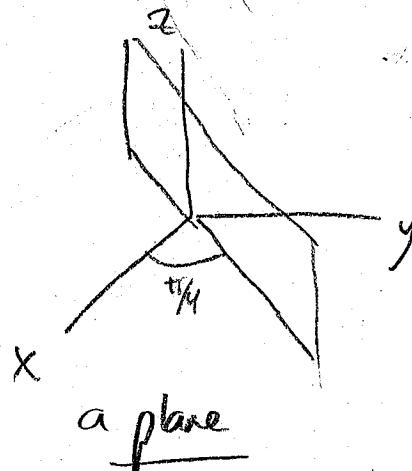
- #1. Plot the point whose cylindrical coordinates are given:

$$\left(2, \frac{\pi}{4}, 1\right)$$

$r \theta z$

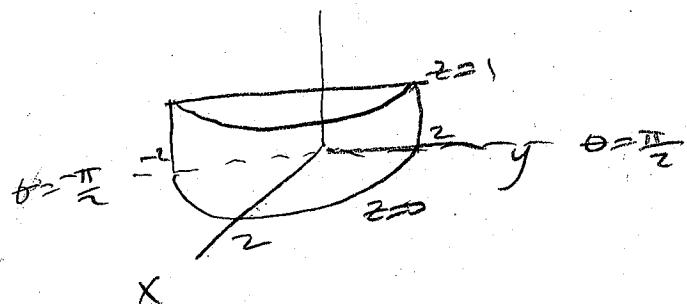


- #2. Sketch and describe in words the surface whose equation is given:  $\theta = \frac{\pi}{4}$



- #3. Sketch the solid described by the inequalities:

$$-\frac{\pi}{2} \leq \theta \leq \frac{\pi}{2}, \quad 0 \leq r \leq 2, \quad 0 \leq z \leq 1$$



- #4. Sketch the solid whose volume is given by the integral:

$$\int_0^{2\pi} \int_0^4 \int_r^4 r \, dz \, d\theta \, dr$$

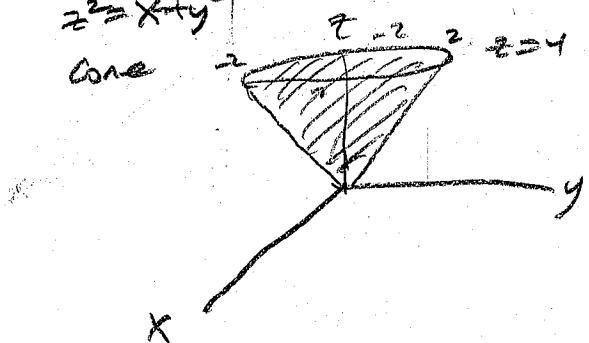
$$z=r \rightarrow z=4, \theta=0 \rightarrow \theta=2\pi, r=0 \rightarrow r=4$$

$$z=r$$

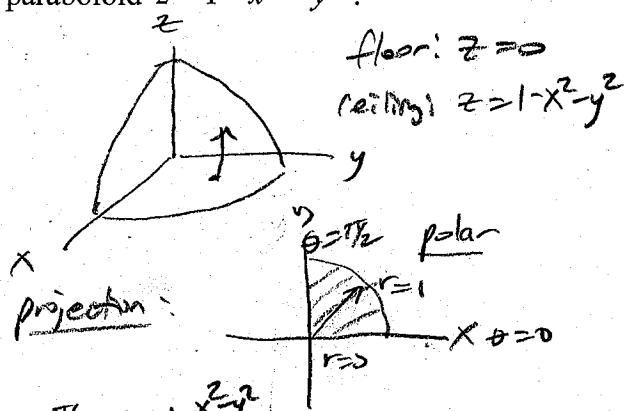
$$z=\sqrt{x^2+y^2}$$

$$z^2=x^2+y^2$$

cone



- #5. Evaluate  $\iiint_E (x^3 + xy^2) dV$ , where  $E$  is the solid in the first octant that lies beneath the paraboloid  $z = 1 - x^2 - y^2$ .



$$\begin{aligned} & \iiint_E (x^3 + xy^2) r dz dr d\theta \\ & \text{Floor: } z = 0 \\ & \text{Ceiling: } z = 1 - x^2 - y^2 \\ & \text{projection: } \begin{cases} 0 \leq r \leq 1 \\ 0 \leq \theta \leq \frac{\pi}{2} \end{cases} \quad \text{Polar} \\ & \int_0^{\pi/2} \int_0^1 \int_0^{1-x^2-y^2} (x^3 + xy^2) r dz dr d\theta \\ & \begin{aligned} & 1 - x^2 - y^2 & x^3 + xy^2 \\ & 1 - (x^2 + y^2) & x(x^2 + y^2) \\ & 1 - r^2 & r \cos \theta (r^2) = r^3 \cos \theta \end{aligned} \\ & \int_0^{\pi/2} \int_0^1 \int_0^{1-r^2} r^4 \cos^2 \theta dz dr d\theta \\ & \int_0^{\pi/2} \int_0^1 r^4 \cos^2 \theta dz dr d\theta \\ & \int_0^{\pi/2} \int_0^1 r^4 \cos^2 \theta dz = r^4 \cos^2 \theta [z]_0^{1-r^2} \\ & = r^4 \cos^2 \theta (1 - r^2) \\ & \int_0^1 (r^4 \cos^2 \theta) dr - \int_0^1 r^6 \cos^2 \theta dr \\ & \cos^2 \theta \frac{1}{5} [r^5]_0^1 - \frac{1}{7} \cos^2 \theta [r^7]_0^1 \\ & \frac{1}{5} \cos^2 \theta [(1)^5 - (0)^5] - \frac{1}{7} \cos^2 \theta [(1)^7 - (0)^7] \\ & = \frac{1}{5} \cos^2 \theta - \frac{1}{7} \cos^2 \theta = \frac{2}{35} \cos^2 \theta \\ & \int_0^{\pi/2} \frac{2}{35} \cos^2 \theta d\theta = \frac{2}{35} \left[ \sin \theta \right]_0^{\pi/2} \\ & = \frac{2}{35} \left[ \sin \frac{\pi}{2} - \sin 0 \right] \\ & = \boxed{\frac{2}{35}} \end{aligned}$$

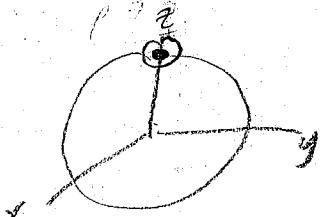
- #6. Evaluate  $\iiint_E x^2 dV$ , where  $E$  is the solid that lies within the cylinder  $x^2 + y^2 = 1$ , above the plane  $z = 0$ , and below the cone  $z^2 = 4x^2 + 4y^2$ .

$$\begin{aligned} & \text{floor: } z = 0 \\ & \text{ceiling: } z^2 = 4x^2 + 4y^2, z = 2r \\ & \text{projection: } \begin{cases} 0 \leq r \leq 1 \\ 0 \leq \theta \leq \frac{\pi}{2} \end{cases} \quad \text{z}^2 = 4(r \cos \theta)^2 \quad \text{z}^2 = 4r^2 \\ & \int_0^{\pi/2} \int_0^1 \int_0^{2r} (r \cos \theta)^2 r dz dr d\theta \\ & \int_0^{\pi/2} \int_0^1 \int_0^{2r} r^3 \cos^2 \theta dz = r^3 \cos^2 \theta [z]_0^{2r} \\ & = r^3 \cos^2 \theta [2r] = 2r^4 \cos^2 \theta \\ & \int_0^1 2r^4 \cos^2 \theta dr = 2 \cos^2 \theta \frac{1}{5} [r^5]_0^1 \\ & = \frac{2}{5} \cos^2 \theta \\ & \int_0^{\pi/2} \int_0^1 \frac{2}{5} \cos^2 \theta dz = \frac{2}{5} \int_0^{\pi/2} \left( \frac{1}{2} + \frac{1}{2} \cos 2\theta \right) d\theta \\ & = \frac{1}{5} (\theta)_0^{\pi/2} + \frac{1}{5} \left[ \frac{1}{2} \sin 2\theta \right]_0^{\pi/2} \\ & = \frac{1}{5} \left( \frac{\pi}{2} - 0 \right) + \frac{1}{10} [\sin \pi - \sin 0] \\ & = \boxed{\frac{2\pi}{5}} \end{aligned}$$

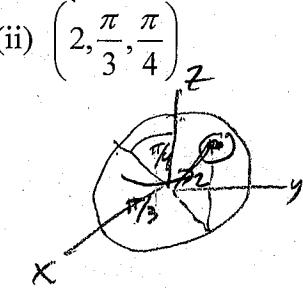
spherical

- #1. Plot the point whose cylindrical coordinates are given and find the rectangular coordinates of the point:

$$(i) (1, 0, 0)$$



$$(ii) \left( 2, \frac{\pi}{3}, \frac{\pi}{4} \right)$$



$$x = \rho \sin \theta \cos \phi =$$

$$= (1) \sin 0 \cos 0 = (1)(0)(1) = 0$$

$$y = \rho \sin \theta \sin \phi =$$

$$= (1) \sin 0 \sin 0 = (1)(0)(0) = 0$$

$$z = \rho \cos \theta = (1) \cos 0 = 1$$

$$\boxed{(0, 0, 1)}$$

$$x = \rho \sin \theta \cos \phi$$

$$= (2) \sin \frac{\pi}{3} \cos \frac{\pi}{4}$$

$$= 2 \left(\frac{\sqrt{2}}{2}\right) \left(\frac{1}{\sqrt{2}}\right) = \frac{\sqrt{2}}{2}$$

$$y = \rho \sin \theta \sin \phi$$

$$= (2) \left(\frac{\sqrt{2}}{2}\right) \left(\frac{\sqrt{2}}{2}\right) = \frac{\sqrt{2}}{2}$$

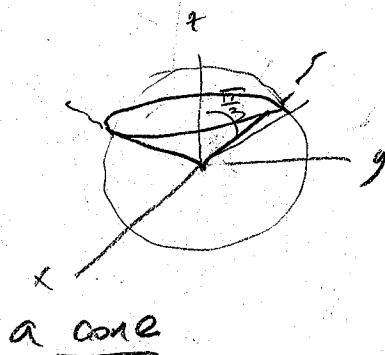
$$z = \rho \cos \theta$$

$$= (2) \cos \frac{\pi}{3} = 2 \left(\frac{1}{2}\right) = \sqrt{2}$$

$$\boxed{\left(\frac{\sqrt{2}}{2}, \frac{\sqrt{2}}{2}, \sqrt{2}\right)}$$

- #2. Sketch and describe in words the surface

whose equation is given:  $\phi = \frac{\pi}{3}$



a cone

- #3. Identify the surface whose equation is given:  
 $\rho = \sin \theta \sin \phi$

$$\rho = \sin \theta \sin \phi$$

$$\rho(\rho) = \rho(\sin \theta \sin \phi)$$

$$\rho^2 = \rho \sin \theta \sin \phi$$

$$x^2 + y^2 + z^2 = y$$

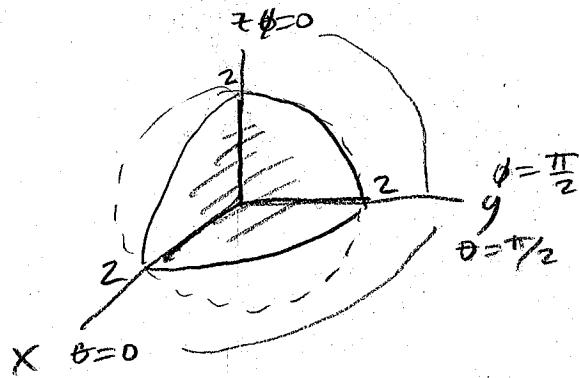
$$x^2 + y^2 - y + \frac{1}{4} + z^2 = 0 + \frac{1}{4}$$

$$x^2 + (y - \frac{1}{2})^2 + z^2 = \frac{1}{4}$$

a sphere centered at  $(0, \frac{1}{2}, 0)$   
 with radius  $\sqrt{\frac{1}{4}} = \frac{1}{2}$

- #4. Sketch the solid described by the given inequalities:

$$\rho \leq 2, \quad 0 \leq \phi \leq \frac{\pi}{2}, \quad 0 \leq \theta \leq \frac{\pi}{2}$$



#5. Write the equation in spherical coordinates:

$$(i) z^2 = x^2 + y^2 = r^2$$

$$(\rho \cos \phi)^2 = (\rho \sin \phi)^2$$

$$\rho^2 \cos^2 \phi = \rho^2 \sin^2 \phi$$

$$\rho^2 \cos^2 \phi - \rho^2 \sin^2 \phi = 0$$

$$\rho^2 (\cos^2 \phi - \sin^2 \phi) = 0$$

$$\text{either } \rho = 0 \text{ or } \frac{\cos^2 \phi - \sin^2 \phi}{\cos^2 \phi} = 0$$

$$\frac{\sin^2 \phi}{\cos^2 \phi} = 1, \tan^2 \phi = 1$$

$$\tan \phi = \pm 1$$

$$\boxed{\rho = 0} \text{ or } \boxed{\phi = \frac{\pi}{4}, \phi = \frac{3\pi}{4}}$$

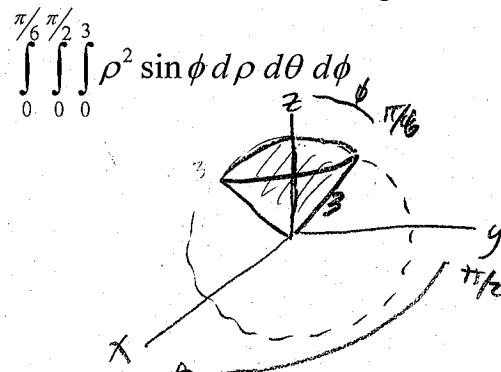
$$(ii) x^2 + z^2 = 9$$

$$(\rho \sin \phi \cos \theta)^2 + (\rho \cos \phi)^2 = 9$$

$$\rho^2 \sin^2 \phi \cos^2 \theta + \rho^2 \cos^2 \phi = 9$$

$$\boxed{\rho^2 (\sin^2 \phi \cos^2 \theta + \cos^2 \phi) = 9}$$

#6. Sketch the solid whose volume is given by the integral and evaluate the integral.



$$\int_0^3 \rho^2 \sin \phi d\rho d\theta d\phi = \frac{1}{3} \sin \phi \left[ \rho^3 \right]_0^3$$

$$= \frac{1}{3} \sin \phi \left[ (3)^3 - (0)^3 \right] = 9 \sin \phi$$

$$\int_0^{\pi/2} 9 \sin \phi d\phi = 9 \sin \phi \left[ \phi \right]_0^{\pi/2}$$

$$= 9 \sin \phi \left[ \frac{\pi}{2} - 0 \right] = \frac{9\pi}{2} \sin \phi$$

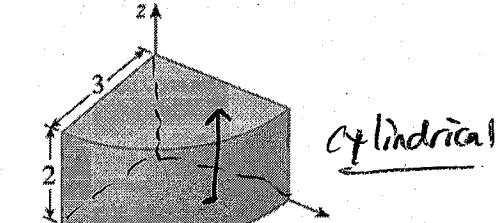
$$\int_0^{\pi/6} \frac{9\pi}{2} \sin \phi d\phi = \frac{9\pi}{2} \left[ -\cos \phi \right]_0^{\pi/6}$$

$$= \frac{9\pi}{2} \left[ -\cos \frac{\pi}{6} - (-\cos 0) \right]$$

$$= \frac{9\pi}{2} \left[ -\left( \frac{\sqrt{3}}{2} \right) + (1) \right]$$

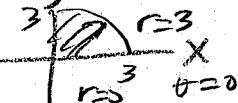
$$= \boxed{\frac{9\pi}{2} \left[ 1 - \frac{\sqrt{3}}{2} \right]}$$

- #7. Set up the triple integral of an arbitrary continuous function  $f(x,y,z)$  in cylindrical or spherical coordinates over the solid shown.



floor:  $z=0$

ceiling:  $z=2 \rightarrow \pi/2$

projection: 

$$\int_0^{\pi/2} \int_0^3 \int_0^2 f(x,y,z) r dz dr d\theta$$

change to cylindrical

$$x = r \cos \theta$$

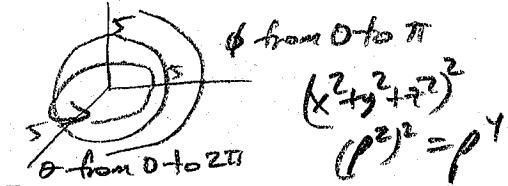
$$y = r \sin \theta$$

$$z = z$$

$$\int_0^{\pi/2} \int_0^3 \int_0^2 f(r \cos \theta, r \sin \theta, z) r dz dr d\theta$$

- #8. Evaluate using spherical coordinates

$$\iiint_B (x^2 + y^2 + z^2)^2 dV, \text{ where } B \text{ is the ball with center at the origin and radius 5.}$$



$$\int_0^{2\pi} \int_0^\pi \int_0^5 (\rho^4) \rho^2 \sin \phi d\rho d\phi d\theta$$

$$\int_0^5 \rho^6 \sin \phi d\rho = \frac{1}{7} \sin \phi [\rho^7]_0^5$$

$$= \frac{1}{7} \sin \phi [5^7 - 0^7] = \frac{78125}{7} \sin \phi$$

$$\int_0^\pi \frac{78125}{7} \sin \phi d\phi = \frac{78125}{7} [-\cos \phi]_0^\pi$$

$$= \frac{78125}{7} [-\cos \pi - (-\cos 0)]$$

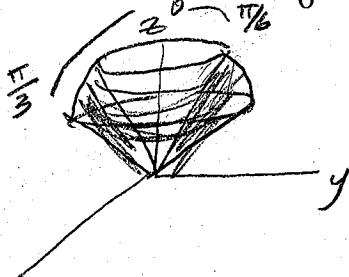
$$= \frac{78125}{7} [(-1) + 1] = \frac{156250}{7}$$

$$\int_0^{2\pi} \frac{156250}{7} d\theta = \frac{156250}{7} [\theta]_0^{2\pi}$$

$$= \boxed{\frac{312500\pi}{7}}$$

#9. Find the volume of the part of the ball  $\rho \leq 4$

that lies between the cones  $\phi = \frac{\pi}{6}$  and  $\phi = \frac{\pi}{3}$ .



$$\int_0^{\frac{\pi}{2}} \int_{\frac{\pi}{6}}^{\frac{\pi}{3}} \int_0^4 (1) \rho^2 \sin \phi d\rho d\phi d\theta$$

$$\int_0^4 \rho^2 \sin \phi d\rho = \sin \phi \frac{1}{3} [\rho^3]_0^4 = \frac{1}{3} \sin \phi [4^3 - 0^3] = \frac{64}{3} \sin \phi$$

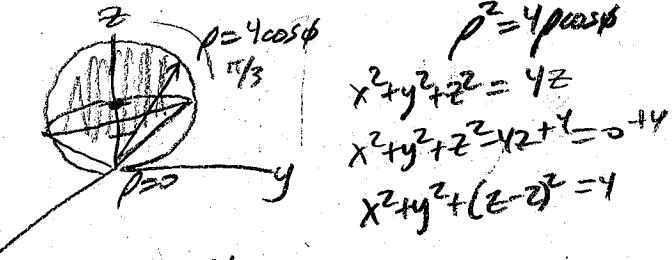
$$\int_{\frac{\pi}{6}}^{\frac{\pi}{3}} \frac{64}{3} \sin \phi d\phi = \frac{64}{3} [-\cos \phi]_{\frac{\pi}{6}}^{\frac{\pi}{3}} = -\frac{64}{3} (\cos \frac{\pi}{3} - \cos \frac{\pi}{6}) = -\frac{64}{3} \left(\frac{1}{2} - \frac{\sqrt{3}}{2}\right) = \frac{32}{3} \left(1 - \frac{\sqrt{3}}{2}\right)$$

$$\int_0^{2\pi} \frac{32}{3} \left(1 - \frac{\sqrt{3}}{2}\right) d\theta = \frac{32}{3} \left(1 - \frac{\sqrt{3}}{2}\right) [\theta]_0^{2\pi} = \frac{32}{3} \left(1 - \frac{\sqrt{3}}{2}\right) 2\pi$$

$$= \boxed{\frac{64\pi}{3} \left(1 - \frac{\sqrt{3}}{2}\right)}$$

#10. Find the volume of the solid that lies above

the cone  $\phi = \frac{\pi}{3}$  and below the sphere  $\rho = 4 \cos \phi$ .



$$\int_0^{2\pi} \int_0^{\frac{\pi}{3}} \int_0^{4 \cos \phi} (1) \rho^2 \sin \phi d\rho d\phi d\theta$$

$$\int_0^{4 \cos \phi} \rho^2 \sin \phi d\rho = \frac{1}{3} \sin \phi [\rho^3]_0^{4 \cos \phi}$$

$$= \frac{1}{3} \sin \phi [(4 \cos \phi)^3 - 0] = \frac{64}{3} \sin \phi \cos^3 \phi$$

$$\int_0^{\frac{\pi}{3}} \frac{64}{3} \sin \phi \cos^3 \phi d\phi \quad u = \cos \phi \quad 0 = 0 \Rightarrow u = 1 \\ \frac{du}{d\phi} = -\sin \phi \quad d\phi = \frac{du}{-\sin \phi} \quad \phi = \frac{\pi}{3} \Rightarrow u = \frac{1}{2}$$

$$= -\frac{64}{3} \int_1^{\frac{1}{2}} u^3 du \quad \sin \phi d\phi = -du$$

$$= \frac{64}{3} \int_{\frac{1}{2}}^1 u^3 du = \frac{64}{3} \frac{1}{4} [u^4]_{\frac{1}{2}}^1 = \frac{64}{12} \left[1^4 - \left(\frac{1}{2}\right)^4\right] = 5$$

$$\int_0^{2\pi} 5 d\theta = 5 [\theta]_0^{2\pi} = \boxed{10\pi}$$

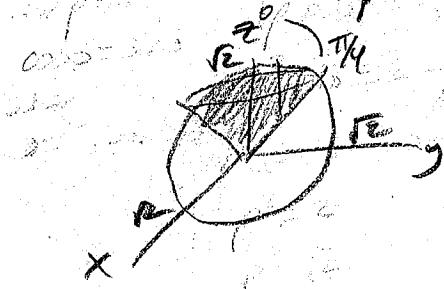
#11. Evaluate the integral by changing to spherical

$$\text{coordinates: } \int_0^1 \int_0^{\sqrt{1-x^2}} \int_{\sqrt{x^2+y^2}}^{\sqrt{2-x^2-y^2}} xy \, dz \, dy \, dx$$

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

$$z^2 = x^2 + y^2 \quad z^2 = 2 - x^2 - y^2$$

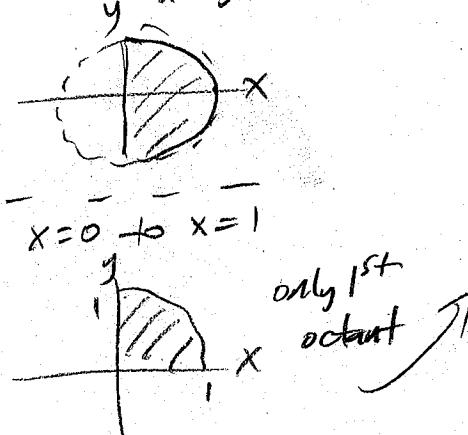
cone sphere



$$y=0 \rightarrow y=\sqrt{1-x^2}$$

$$y^2=1-x^2$$

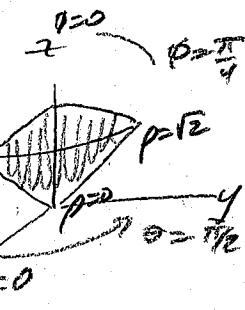
$$x^2+y^2=1$$



Integrand:  $xy$

$$(psin\phi cos\theta)(psin\phi sin\theta)$$

$$p^2 sin^2\phi sin\theta cos\theta$$



$$\int_0^{\pi/4} \int_0^{\pi/4} \int_0^{\sqrt{2}} (p^2 sin^2\phi sin\theta cos\theta) p^2 sin\phi dp d\theta d\phi$$

$$\int_0^{\sqrt{2}} p^4 sin^3\phi sin\theta cos\theta dp = \frac{1}{5} sin^3\phi sin\theta cos\theta (p^5)_0^{\sqrt{2}}$$

$$= \frac{1}{5} sin^3\phi sin\theta cos\theta ((\sqrt{2})^5 - 0) = \frac{4\sqrt{2}}{5} sin^3\phi sin\theta cos\theta$$

$$\frac{4\sqrt{2}}{5} sin\theta cos\theta \int_0^{\pi/4} sin^3\phi d\phi \int_0^{\pi/4} sin^2\phi sin\theta d\theta$$

$$\int_0^{\pi/4} sin\theta d\phi + \int_0^{\pi/4} u^2 du \leftarrow \int_0^{\pi/4} (1 - cos^2\phi) sin\theta d\phi$$

$$(-cos\phi)_0^{\pi/4} + \frac{1}{3}[u^3]_0^{\pi/4} \int_0^{\pi/4} sin\theta d\phi - \int_0^{\pi/4} cos^2\phi sin\theta d\phi$$

$$(-cos\pi/4 + cos0) + \frac{1}{3}((\frac{\sqrt{2}}{2})^3 - 1) \quad \phi = \pi/4 \rightarrow u = \frac{\sqrt{2}}{2} \quad \frac{du}{d\phi} = -sin\phi$$

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

$$(-\frac{\sqrt{2}}{2} + 1) + \frac{1}{3}(\frac{2\sqrt{2}}{8} - 1)$$

$$= (-\frac{\sqrt{2}}{12} + \frac{2}{3}) \frac{4\sqrt{2}}{5} sin\theta cos\theta = (-\frac{2}{3} + \frac{8\sqrt{2}}{15}) sin\theta cos\theta$$

$$(\frac{8\sqrt{2}}{15} - \frac{2}{3}) \int_0^{\pi/2} sin\theta cos\theta d\theta \quad u = sin\theta \quad \theta = 0 \rightarrow u = 0$$

$$\frac{du}{d\theta} = cos\theta \quad \theta = \pi/2 \rightarrow u = 1$$

$cos\theta d\theta = du$

$$(\frac{8\sqrt{2}}{15} - \frac{2}{3}) \int_0^1 u \, du$$

$$(\frac{8\sqrt{2}}{15} - \frac{2}{3}) \frac{1}{2} [u^2]_0^1 = \boxed{\frac{1}{2} (\frac{8\sqrt{2}}{15} - \frac{2}{3})}$$