

1) Evaluate the integral

$$\int \left(\sqrt{1 + \sin^2(x-1)} \sin(x-1) \cos(x-1) \right) dx$$

using the following sequences of substitutions:

a) $u = x - 1$, followed by $v = \sin u$, then by $w = 1 + v^2$.

$u = x - 1$, so $du = dx$. The integral becomes

$$\int \left(\sqrt{1 + \sin^2(u)} \sin(u) \cos(u) \right) du.$$

Now let $v = \sin u$, so $dv = \cos u du$. The integral becomes

$$\int \left(\sqrt{1 + v^2} \cdot v \right) dv.$$

Now let $w = 1 + v^2$, so $dw = 2v dv$. The integral becomes

$$\begin{aligned} \int \frac{1}{2} w^{\frac{1}{2}} &= \frac{1}{2} \cdot \frac{2}{3} w^{\frac{3}{2}} + C \\ &= \frac{1}{3} (1 + v^2)^{\frac{3}{2}} + C \\ &= \frac{1}{3} (1 + \sin^2 u)^{\frac{3}{2}} + C \\ &= \frac{1}{3} \left(1 + \sin^2(x-1) \right)^{\frac{3}{2}} + C \end{aligned}$$

b) $u = \sin(x - 1)$, followed by $v = 1 + u^2$.

Very similar to the above. If you have questions, ask me.

c) $u = 1 + \sin^2(x - 1)$.
Same old, same old.

2) Evaluate the integral

$$\int \frac{\sin \sqrt{\theta} d\theta}{\sqrt{\theta} \cos^3 \sqrt{\theta}}$$

For this one, we could let $u = \sqrt{\theta}$ or $u = \cos \sqrt{\theta}$. I'm choosing the latter.
Let $u = \cos \sqrt{\theta}$, so $du = -\sin \sqrt{\theta} \cdot \frac{1}{2\sqrt{\theta}} d\theta$. So $\frac{\sin \sqrt{\theta} d\theta}{\sqrt{\theta}} = -2du$. So the integral becomes

$$\begin{aligned} & -2 \int \frac{du}{u^{\frac{3}{2}}} \\ &= -2 \int u^{-\frac{3}{2}} du \\ &= -2(-2u^{-\frac{1}{2}}) + C \\ &= 4u^{-\frac{1}{2}} + C \\ &= \frac{4}{\sqrt{\cos \theta}} + C \end{aligned}$$