

Integration provides a way to define the average of a continuous function on a closed interval

Definition 1 The average of a continuous function f(x)in [a, b] is

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$$f_{ave} = \frac{1}{b-a} \int_{a}^{b} f(x) \, dx$$

Theorem 1 Let m and M be the minimum and maximum values of a continuous function f(x) in [a, b]. Then,

$$m \leq f_{ave} \leq M.$$

The Mean Value Theorem in differential form

Theorem 2 If f(x) is differentiable in [a, b] with f'(x) continuous in [a, b], then there exists $c \in (a, b)$ such that

f(b) - f(a) = f'(c) (b - a).

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The Mean Value Theorem in integral form

Theorem 3 If f(x) is continuous in [a, b], then there exists $c \in (a, b)$ such that

$$\int_{a}^{b} f(x) \, dx = f(c) \left(b - a\right)$$

Polar coordinates are useful to describe situations with circular symmetry

Definition 2 Let (x, y) be Cartesian coordinates in \mathbb{R}^2 . Then, polar coordinates (r, θ) are given by

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$$r = \sqrt{x^2 + y^2}, \quad \theta = \arctan\left(\frac{y}{x}\right)$$

The inverse expression is

$$x = r\cos(\theta), \quad y = r\sin(\theta).$$