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This gives rise to the expressions

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 and $\sin^2 x = 1 - \cos^2 x$

From these we get

$$\cos x = \sqrt{1 - \sin^2 x}$$
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One reason you might need to do this is to evaluate an integral like

$$\int \sin^3 x$$

Using the identity $\sin^2 x = 1 - \cos^2 x$, we can write the integral as

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Now on substitution the integral becomes

$$\int \sin^3 dx = \int (1 - \cos^2 x) \sin x \, dx = -\int (1 - u^2) \, du$$

The result is:

$$\int \sin^3 dx = -\int (1 - u^2) du = \frac{u^3}{3} - u$$

$$= \frac{\cos^3 x}{3} - \cos x + C$$

In general, this technique is useful for integrals of the form

$$\int \sin^m x \cos^n x \ dx$$

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There are three special cases to consider, depending on whether m and n are even or odd.

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$$\int \sin^{2k+1} x \cos^n x \, dx = \int \sin^{2k} x \cos^n x \, \sin x \, dx$$

Now substitute

$$(1-\cos^2 x)^k$$
 for \sin^{2k}

The result is:

$$\int (1 - \cos^2 x)^k \cos^n x \sin x \, dx$$

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On substitution the integral becomes

$$\int \sin^m x \cos^n x \, dx = -\int (1 - u^2)^k u^n \, du$$

This can be either expanded and integrated as a polynomial, or integrated by parts.

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Case 2: n is odd, that is, n = 2k + 1 for some natural number k

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Now substitute

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

The result is:

$$\int \frac{1}{2} (1 - \cos 2x)^j \frac{1}{2} (1 + \cos 2x)^k dx$$

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