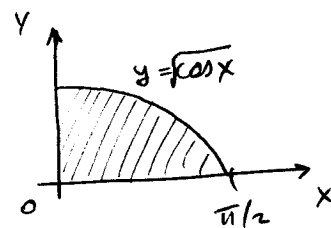


①

$$\begin{aligned}
 R(x) &= \sqrt{\cos x} \Rightarrow V = \int_0^{\pi/2} \pi (R(x))^2 dx \\
 &= \pi \int_0^{\pi/2} \cos x dx = \pi [\sin x]_0^{\pi/2} \\
 &= \pi(1-0) = \boxed{\pi}
 \end{aligned}$$



②

$$\frac{dx}{dt} = 8t \cos t, \quad \frac{dy}{dt} = 8t \sin t. \Rightarrow$$

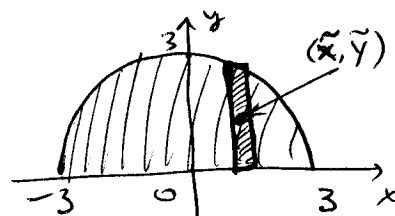
$$\begin{aligned}
 \sqrt{\left(\frac{dx}{dt}\right)^2 + \left(\frac{dy}{dt}\right)^2} &= \sqrt{64t^2 \cos^2 t + 64t^2 \sin^2 t} = 8|t| \sqrt{\cos^2 t + \sin^2 t} \\
 &= 8t \quad \text{since } t \geq 0.
 \end{aligned}$$

$$\text{length} = \int_0^{\pi/2} 8t dt = 4t^2 \Big|_0^{\pi/2} = \boxed{\pi^2}.$$

④

~~Applying~~

Because the density is constant and the region is symmetric about x-axis, we conclude that $\bar{x} = 0$.



Using the typical vertical strip as shown here, we have:

$$\cancel{\text{height}} \quad (\bar{x}, \bar{y}) = \left(x, \frac{\sqrt{9-x^2}}{2}\right).$$

Width of strip: dx .

$$\text{length} = \sqrt{9-x^2}.$$

Area: $dA = \sqrt{9-x^2} dx$.

Mass: $dm = \delta dA = \delta \sqrt{9-x^2} dx$.

Therefore $M_x = \int_{-3}^3 \tilde{y} dm = \int_{-3}^3 \frac{\sqrt{9-x^2}}{2} \cdot \delta \sqrt{9-x^2} dx$
 $= \int_{-3}^3 \frac{\delta}{2} (9-x^2) dx = \underset{\substack{\uparrow \\ \text{by symmetry}}}{\delta} \int_0^3 (9-x^2) dx = 18\delta$

$M = \delta \cdot A$, where A is the area of the semicircle $\Rightarrow$

$$A = \frac{1}{2} (\pi \cdot 3^2) = \frac{9\pi}{2}$$

Hence $M = \frac{9\pi\delta}{2}$

Therefore, $\bar{y} = \frac{M_x}{M} = \frac{18\delta}{9\pi\delta/2} = \boxed{\frac{4}{\pi}}$

Answer: $\boxed{(0, \frac{4}{\pi}) \text{ is the center of mass.}}$

(3)

Force constant? $F = kx$
 $20 = k \cdot 1$

$\Rightarrow k = 20 \text{ lb/ft.}$

The work to stretch the spring 1 ft is

$$W = \int_0^1 kx dx = k \int_0^1 x dx = 20 \cdot \frac{1}{2} = \boxed{10 \text{ ft}\cdot\text{lb.}}$$