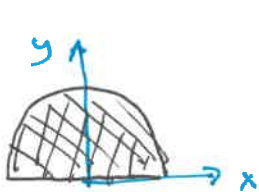


I spherical shell $\rightarrow \frac{2}{5} MR^2 = \frac{2}{5} \rho \frac{4}{3} \pi R^5$

$$\frac{8}{15} \rho \left[(R+DR)^5 - R^5 \right] \approx \frac{8}{15} \rho \left[5R^4 DR \right] = \frac{2}{3} \left[R^3 \right] \underbrace{4\pi R^2 DR \rho}_M$$

$$= \frac{2}{3} MR^2$$

3.21) By symmetry CM must be on y axis



$$z = \sqrt{R^2 - y^2}$$

$$R_{cm} = \frac{1}{M} \int_0^R z \sqrt{R^2 - y^2} dy \cdot y \sigma$$

$$\sigma = \frac{1}{2} \pi R^2$$

$$= \frac{1}{M} \int_0^R \sqrt{R^2 - y^2} \frac{zy dy}{u} \sigma$$

$$= \frac{1}{M} \int_0^{R^2} \sqrt{R^2 - u} du \sigma$$

$$= \frac{1}{M} \left[\frac{-(R^2 - u)^{3/2}}{3/2} \right]_0^{R^2} \sigma$$

$$= \frac{1}{M} \frac{2}{3} R^3 \sigma$$

$$\frac{1}{2} \pi R^2 \frac{2}{3} R^3 = \frac{4}{3} \pi R^3$$

ALT: $\frac{1}{M} \int_0^\pi \int_0^R r dr d\theta r \sin\theta \sigma$

$$= \frac{\sigma}{M} \int_0^\pi r^2 dr (-\cos\theta) \Big|_0^\pi$$

$$= \frac{\sigma}{M} \frac{2}{3} R^3 \checkmark$$

3.22: By symmetry CM on z axis - divide into disks

$$R_{cm} = \frac{1}{M} \int_0^R \pi (R^2 - z^2) dz \rho z$$

$$= \frac{\pi \rho}{M} \left[\frac{1}{2} R^2 z^2 - \frac{1}{4} z^4 \right]_0^R$$

$$= \frac{\pi \rho}{M} \left[\frac{1}{4} R^4 \right] \quad M = \frac{2}{3} \pi R^3 \rho$$

$$= \frac{3}{8} R$$

$$dV = \pi r^2 dz$$

ALT: $dV = r^2 dr \sin\theta d\theta d\phi$

$$R_{cm} = \frac{1}{M} \iiint r^2 dr \sin\theta d\theta d\phi r \cos\theta \rho$$

$$= \frac{2\pi \rho}{M} \int_0^R \int_0^{\pi/2} r^3 dr \sin\theta \cos\theta d\theta$$

Let $\cos\theta = c$

$$= \frac{2\pi \rho}{M} \int_0^R r^3 dr \left[\frac{c^2}{2} \right]_0^1$$

$$= \frac{\pi \rho}{M} \frac{R^4}{4}$$