

1. Calculate

$$\int \frac{x - \sin(2x)}{x^2 + \cos(2x)} dx \Big|_{\substack{u=x^2+\cos(2x) \\ du=2x-2\sin(2x)}} = \frac{1}{2} \int \frac{1}{u} du = \frac{1}{2} \ln |u| + C = \frac{1}{2} \ln |x^2 + \cos(2x)| + C.$$

2. Calculate

$$\begin{aligned} \int_0^{\frac{\pi}{2}} \cos^5(u) \sin^3(u) du &= \int_0^{\frac{\pi}{2}} \cos^5(u) \sin^2(u) \sin(u) du \Big|_{\substack{v=\cos(u) \\ dv=-\sin(u)du}} = \\ &= - \int_1^0 v^5 [1 - v^2] dv. \end{aligned}$$

Now switch the limits and change the sign of the integral:

$$= \int_0^1 v^5 [1 - v^2] dv = \left[\frac{v^6}{6} - \frac{v^8}{8} \right] \Big|_0^1 = \frac{1}{24}.$$

Can also be done by splitting off a single power of $\cos(u)$ and using the substitution $v = \cos(u)$, $dv = -\sin(u)du$.

3. Calculate

$$\begin{aligned} \int_{-\frac{\pi}{4}}^{\frac{\pi}{4}} \tan^4(r) dr &= \int_{-\frac{\pi}{4}}^{\frac{\pi}{4}} \tan^2(r) \tan^2(r) dr = \\ &= \int_{-\frac{\pi}{4}}^{\frac{\pi}{4}} \tan^2(r) [\sec^2(r) - 1] dr = \int_{-\frac{\pi}{4}}^{\frac{\pi}{4}} \tan^2(r) \sec^2(r) dr \Big|_{\substack{u=\tan(r) \\ du=\sec^2(r)dr}} + \int_{-\frac{\pi}{4}}^{\frac{\pi}{4}} \tan^2(r) [-1] dr = \\ &= \int_{-1}^1 u^2 du - \int_{-\frac{\pi}{4}}^{\frac{\pi}{4}} [\sec^2(r) - 1] dr = \\ &= \frac{u^3}{3} \Big|_{-1}^1 - [\tan(r) - r] \Big|_{-\frac{\pi}{4}}^{\frac{\pi}{4}} = \frac{2}{3} - \left[2 - \frac{\pi}{2} \right]. \end{aligned}$$