## 1. 6.5 Average Function Value

The Average Value of f over the interval [a, b] is defined as



2. Mean Value Theorem for Integrals

If f is continuous on [a, b], then there is a number c in [a, b] with

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



## 3. Examples

**Example 3.1.** Find the average value of the function  $f(t) = \sin t$  over the interval  $[0, \pi]$ .

**Example 3.2.** Find the average value of the function  $f(x) = \frac{\sin(20x)}{1+\cos^2(20x)}$  over the interval  $[0, \pi/40]$ .

**Example 3.3.** Find the average value of the function  $g(x) = x^{1/3}$  over the interval [0,8]. Then find c satisfying the conclusion of the Mean Value Theorem for Integrals.

**Example 3.4.** The length of a day, in hours from sunrise to sunset, may be approximated by the formula  $L(t) = 12 + 4\sin(\frac{\pi t}{182})$  where t is the number of days after a Spring Equinox. Find the average length of the day during spring and summer (assume to be 1/2 a year).