

$$P = 4\pi F \int_0^{\sqrt{3}F} \left(4 - \frac{1}{2}v^2\right)^{m-3/2} v^2 dv$$

$$v^2 = 2\sqrt{4} \cos^2 \theta$$

$$v=0 \rightarrow \cos \theta = 0 \quad \theta = \frac{\pi}{2}$$

$$v = \sqrt{12} \rightarrow \cos \theta = 1 \quad \theta = 0$$

$$2v dv = -2\sqrt{4} \cdot 2 \cos \theta \sin \theta d\theta = -4\sqrt{4} \sin \theta \cos \theta d\theta$$

$$v^2 dv = \frac{-2\sqrt{4} \sin \theta \cos \theta d\theta}{\sin \theta} \cdot \sqrt{24} \cos \theta = -2\sqrt{2} \sqrt{4}^{3/2} \sin \theta \cos^2 \theta d\theta$$

$$P = 4\pi F \int_0^{\pi/2} \left(\theta \sqrt{4} - \sqrt{4} \cos^2 \theta\right)^{m-3/2} (-2\sqrt{2}) \sqrt{4}^{3/2} \sin \theta \cos^2 \theta d\theta = 4\pi F \int_0^{\pi/2} \left(\sqrt{4} \sin \theta\right)^{2m-2} \cos^3 \theta (2\sqrt{2}) d\theta =$$

$$= 48\sqrt{2} \pi F \left[ \int_0^{\pi/2} \sqrt{4}^{2m-2} (\cos^2 \theta)^{2m-2} d\theta - \int_0^{\pi/2} \sqrt{4}^m (\sin^2 \theta)^{2m} d\theta \right] = C_m \sqrt{4}^m$$

$$C_m = 48\sqrt{2} \pi F \left[ \int_0^{\pi/2} (\cos^2 \theta)^{2m-2} d\theta - \int_0^{\pi/2} (\sin^2 \theta)^{2m} d\theta \right]$$