7. [15 points] Nat is sailing a boat in a lake, with the path given by the following polar graph.

a. [4 points] What are all the angles $\theta$, with $0 \leq \theta \leq 2 \pi$, for which the graph passes through the origin?
b. [4 points] Write down, but do not evaluate, one or more integral(s) that gives the arc length of the larger horizontal figure 8 from the path above, as given in the following graph.

c. [5 points] Another boat is travelling around the unit circle $r=1$, given by the dashed curve in the graph below. Write down, but do not evaluate, one or more integral(s) that gives the area of the shaded region, as shown below.

d. [2 points] Give an interval of $\theta$-values for which the polar equation $r=4 \cos ^{2} \theta-1$ traces out the upper loop of the smaller figure 8 as shown below.

