(b) Sample points = $-1, 0, 1, 2$

Width of each interval = 1.

Area = $1.\left[(-1)^2+5 + (0)^2+5 + (1)^2+5 + (2)^2+5\right]$

$= 1.\left[6 + 5 + 6 + 9\right]$

$= \boxed{26}$

(c) Average of (a) and (b) = $\frac{26+26}{2} = \boxed{26}$.

(d) Sample points = $-1.5, -0.5, 0.5, 1.5$

Width of each interval = 1

Area = $1.\left[(-1.5)^2+5 + (-0.5)^2+5 + (0.5)^2+5 + (1.5)^2+5\right]$

$= 1.\left[7.25 + 5.25 + 5.25 + 7.25\right]$

$= \boxed{25}$

10(a) Sample points = $1, 3, 5, 7$

Width of each interval = $\frac{9-1}{4} = 2$

Area = $2.\left[\left(\frac{1}{1}+2\right) + \left(\frac{1}{3}+2\right) + \left(\frac{1}{5}+2\right) + \left(\frac{1}{7}+2\right)\right]$

$= 2\left[3 + \frac{7}{3} + \frac{11}{5} + \frac{15}{7}\right]$

$= 2\left[3 + 2.33 + 2.2 + 2.14\right]$

$= 2.(9.77)$

$= \boxed{19.54}$