Conditions

use the fundamental identities to find an equivalent expression involving only sines and cosines, and then simplify it

sec(to the 2nd power) X + sin(to the 2nd power) X

Solution

$$sec^2 x + sin^2 x = \frac{1}{cos^2 x} + sin^2 x = \frac{1 + sin^2 x cos^2 x}{cos^2 x}$$