

$$\tan \alpha + \cot \alpha = a$$

$$\frac{\sin \alpha}{\cos \alpha} + \frac{\cos \alpha}{\sin \alpha} = a$$

$$\frac{\sin^2 \alpha + \cos^2 \alpha}{\sin \alpha \cos \alpha} = a$$

$$\frac{1}{\sin \alpha \cos \alpha} = a$$

$$\sin \alpha \cos \alpha = \frac{1}{a}$$

$$\sin \alpha \sqrt{1 - \sin^2 \alpha} = \frac{1}{a}$$

$$\sin^2 \alpha (1 - \sin^2 \alpha) = \frac{1}{a^2}$$

$$\sin^4 \alpha - \sin^2 \alpha + \frac{1}{a^2} = 0$$

$$\sin^2 \alpha = t$$

$$t^2 - t + \frac{1}{a^2} = 0$$

$$D = 1 - \frac{4}{a^2}$$

$$t_1 = \frac{-1 + \sqrt{1 - \frac{4}{a^2}}}{2}$$

$$t_2 = \frac{-1 - \sqrt{1 - \frac{4}{a^2}}}{2} < 0$$

$$\sin \alpha = \pm \sqrt{\frac{-1 + \sqrt{1 - \frac{4}{a^2}}}{2}}$$