The graph of cosine has a valley, a hill, and a valley on the interval $\left[-\dfrac{7\pi}{2}, -\dfrac{\pi}{2}\right]$. The first valley covers the interval from $\theta = -\dfrac{7\pi}{2}$ to $\theta = -\dfrac{5\pi}{2}$ and the second valley covers the interval from $\theta = -\dfrac{3\pi}{2}$ to $\theta = -\dfrac{\pi}{2}$. The low points are in the middle of the valleys: $(-3\pi, -1)$ and $(-\pi, -1)$.