



TEAM COMPLETES STUDY OF MUSCLES IN FEMALE ATHLETES

A recently completed study by Cal State Fullerton researchers has found results that seemingly contradict current thoughts on muscle development, specifically “fast-twitch” skeletal muscle fibers in elite female weightlifters. It was thought that women didn’t develop as many “fast-twitch” muscle fibers as men. Fast-twitch muscle fibers are used in speed activities, such as sprinting, and resistance actions, such as weightlifting and other strengthening sports. Slow-twitch muscles are used in endurance actions such as long-distance running.

The exploration of muscle cells at the molecular level focused on fibers in speed, power and strength-trained individuals — something that has rarely been studied and even rarer with the emphasis on females, says Andrew Galpin, one of the study authors and a Cal State Fullerton associate professor of kinesiology. “We found the females had far more fast-twitch muscles than seen in male weightlifters,” he added.



Learning More about the Campus Master Plan

About 300 campus and community members joined CSUF faculty, students, and staff at a recent open house to discuss the work underway to update the Campus Master Plan.

The Master Plan is a blueprint for providing a safe, sustainable, welcoming and cohesive learning environment to support student success into the future.

The Campus Master Plan is typically updated every 10 years, with the current plan completed in 2003. The new plan seeks to maximize available space, while supporting Cal State Fullerton’s core academic mission, vision and strategic plan.

The Campus Master Plan will also address Cal State Fullerton’s impact and fit with surrounding neighborhoods. The plan involves all CSUF land including the Arboretum, which is part of the 241 acres of state property designated to the campus. Attendees concerned about the Arboretum were assured that the University has no plans to abolish the Arboretum.

For more information, and to provide comments about the plan, please visit masterplan.fullerton.edu.



Commencement Festivities Scheduled for May 17-19

Cal State Fullerton continues all the ‘pomp and circumstance’ of commencement while bringing a streamlined approach to ceremonies this year by eliminating the University Ceremony and focusing on college and department ceremonies.

Every ceremony at the 2019 three-day program will feature a processional, the reading of student names and conferral of degrees.

Ceremonies will be held from 5 to 7 p.m. Friday, May 17, and 9-11 a.m. and 6-8 p.m. on Saturday, May 18, and Sunday, May 19. For more information, visit fullerton.edu/commencement.

CSUF Athletic Director Receives National Honor

Jim Donovan, athletic director at Cal State Fullerton, has been named one of the winners of the Under Armour AD of the Year Award. The National Association of Collegiate Directors of Athletics (NACDA) announced the 28 winners of the award, which spans seven divisions. Donovan was honored as one of four Division 1-AAA athletic directors from across the nation.

Donovan was also recently honored as “Titan of the Year” by the university.



Sophomore Honored with Prestigious Study Abroad Scholarship

“There are lots of possibilities, and you have to reach for them and not be afraid,” explains Cal State Fullerton sophomore and first-generation college student Jasmine Garcia. “If I can go for big dreams, I can inspire other Hispanic youth and teens to do the same.”

With that motivation in mind, Garcia applied and was selected as one of only ten 2019 Frederick Douglass Global Fellows. She is the first CSUF student to receive the prestigious and highly-competitive scholarship that provides an intensive, four-week, three-credit, study abroad program in London this summer, with all expenses paid. Garcia was selected from a pool of more than 400 applicants across the nation.



2600 Nutwood Avenue, Suite 850
Fullerton, CA 92831

ADDRESS SERVICE REQUESTED

NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 1635
SANTA ANA, CA



Did You Know?

Celebrating its 50th anniversary, the Lawrence de Graaf Center for Oral and Public History (COPH) houses the largest regionally focused oral history archive in the state. Driven by the work of CSUF students, COPH houses more than 6,000 recorded interviews, transcripts, photographs and other materials.