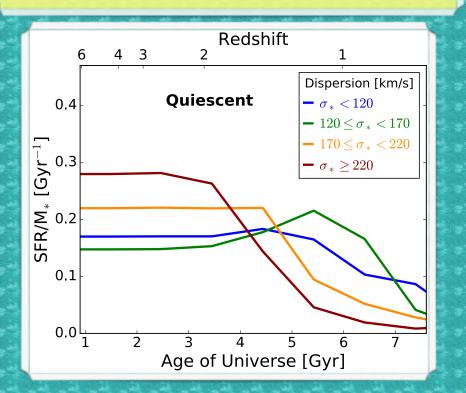
## STAR FORMATION HISTORIES OF Z~0.8 GALAXIES IN LEGA-C

Scaling relations between global galaxy properties and starformation rate (SFR) activity suggest a close link between galaxy mass and dynamics on the one hand, and starformation history (SFH) on the other. Due to the need for high-S/N, high-resolution continuum spectroscopy, reconstructing SFHs was previously only possible for local galaxies. The VLT LEGA-C Survey has collected highquality spectra of ~3000 galaxies at redshifts z=0.6-1, with the aim of revealing the internal dynamics and stellar population content of these galaxies. Based on reconstructed SFHs we show that the stellar ages of z~1 galaxies correlate strongly with their stellar velocity dispersions and ongoing SF activity; and that the SFHs of L\* galaxies with ongoing SF activity, unlike their presentday counterparts, are near their peak in SFR. By combining the lookback approach with the archaeological approach these results illustrate the potential offered by high-S/N spectroscopy of high-redshift galaxies.

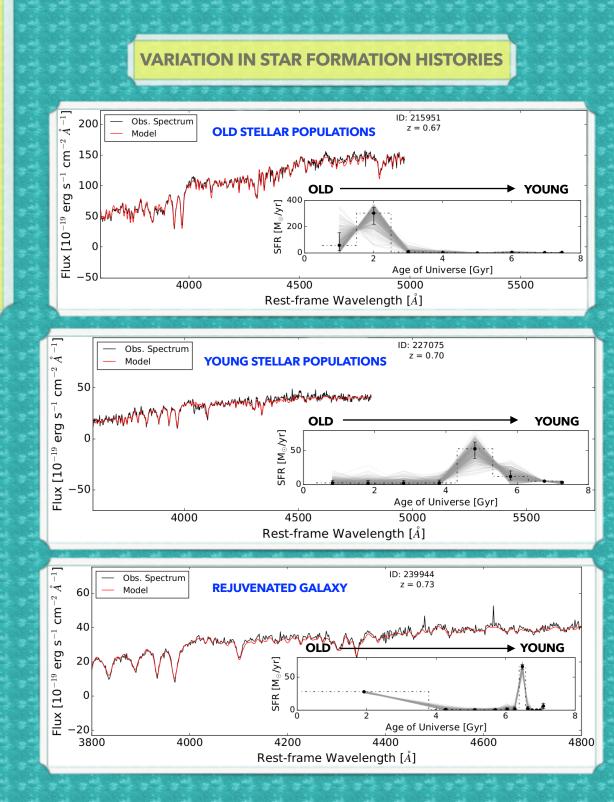
Velocity dispersion is correlated with SFHs: the stellar content in high velocity dispersion galaxies formed earlier and faster (Chauke et al. 2018).



The current star-formation activity of massive galaxies is strongly correlated with past star-formation activity (Chauke et al. 2018).

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Tracking the evolution of galaxies' SFR-Mass relation:

