Instructions for Poster Session at Research Revealed! UG forum for Kinesiology, Exercise Science, Sport Studies and Recreation

**Poster dimensions:** 36 inches high by 48 inches wide (landscape orientation)

**Poster set-up:** Posters can be set up between 9am-10am March 31st. Push pegs will be provided on site for you to hang up your poster. Please ensure that you set up your poster in the space that corresponds with the number found on the master sheet on site.

The poster session will begin following the first keynote address (approximately 11am). You **must** be present by your poster to interact/discuss your work with viewers.

**General guidelines regarding poster format and contents:**

**Title and Author**

The title of your poster presentation and your name should be made in very LARGE type so that viewers can easily see the subject matter of the poster and its author from a distance (at least 1" lettering, or 36 point font).

**Content**

Posters usually have a similar structure to a research paper or journal article: an abstract, introduction (i.e., brief rationale or review of relevant research), method section, results section, and a conclusion or summary. You might also want to list key references. You may decide to use a different format to better represent your work but breaking things down into clear sections with headings will help your colleagues understand your poster easily and quickly. In the busy and crowded environment of a poster session, most people are not able to read and process long sections of text so stick to the bare essentials of the most important ideas. You can convey details via discussion when you are standing by your poster.

**Format**

- It may be useful to use bullet points in order to simplify the presentation of information within some sections, such as the introduction and conclusions.
- Use large type (such as 36 point type) for section headings and 24 point type for text. It is not recommended that you use a font size smaller than 18 point type for any reason.
- Make use of underlines and boldface.
- Use graphs and figures whenever possible to make your poster visually attractive and easy to read.
- Programs like Microsoft PowerPoint can be helpful in creating your poster.

**Visual Accessibility**
To make visual presentation materials more easily readable, we ask that conference presenters follow best practices for visual accessibility. For people who might not know what these best practices are, here are some considerations:

- High contrast between the text colour and background colour
- Larger than 18 point font for poster presentations
- Avoid decorative fonts; recommended fonts include Arial, Verdana, Helvetica, and Tahoma
- The use of ALL CAPS or italics is not recommended
- Use bold fonts sparingly
- Include a short description of visual images (including video)