



AMERICAN COLLEGE
of SPORTS MEDICINE[®]
Southeast Chapter



Instructions for Poster Presentations at the SEACSM Annual Meeting

1. Posters should be prepared to fit on a display board surface that is 4 feet (1.2 meters) high and 6 feet (1.8 meters) wide.

There are many effective materials to use for your display, ranging from printing individual slides on paper, paper mounted on thin poster board, to having the entire display printed on a large paper or fabric scroll. Avoid mounting material with thick or heavy backing, as the push pins will be unable to secure it to the display boards. Although push pins will be available on-site, you are advised to bring your own pins.

Posters will be viewed from about 3 feet distance, so choose large type or print font and points that can be easily read from that distance. One example that works well: a Times font in 18 point that results in 11 characters and spaces per horizontal inch, and 4 lines per vertical inch.

Strong visual contrast is a must. Many people have difficulty distinguishing closely related colors, like green from blue, or among subtle shades of a primary color, particularly against incompatible background colors. Up to 10% of the people who view your work will have some degree of color blindness.

2. The **TITLE, AUTHOR(S) AND INSTITUTION(S)** should be prominently displayed across the top of the poster with lettering height between 1–2 inches (2.5–5.0 cm).

Poster displays must include the **ABSTRACT** (in the upper left corner) and other **TEXT NARRATIVE**. Depending on the focus of the research, posters typically include **TABLES, FIGURES, ILLUSTRATIONS, PHOTOGRAPHS**, and **LEGENDS**. Keep tables and figures simple and uncluttered.

3. Include enough information and arrange your poster so a coherent and straight-forward story is told without your presence. Emphasize the most important points and avoid overwhelming the viewer with too much detail. Specific recommendations include:

In the **INTRODUCTION** - *briefly* summarize the necessary background that led to this work, clearly identify the purpose or specific aims of the present experiment, and identify the questions asked or hypothesis(es) tested.

Provide sufficient detail of the **EXPERIMENTAL DESIGN** and the **METHODS** employed to do the work, including number and necessary demographics of the human or animal subjects studied.

RESULTS can be effectively presented by table, figure, illustration and/or photograph. Make each stand on its own, so the viewer doesn't have to refer elsewhere on the display to understand the important message(s). For each table, figure, etc., a lucid **INTERPRETATIVE LEGEND** will go a long way in highlighting and *briefly* discussing the essential points.

SUMMARY AND CONCLUSION - *briefly*, what are the vital "bottom lines" of your work.

ACKNOWLEDGMENT - identify funding source(s), institutional support, individuals who have contributed significantly but who are not listed as authors, etc.

Consider distributing a **HANDOUT** during your presentation time if there is need for exchange of large data sets or other details.

4. Carry your poster as carry-on luggage; don't entrust it to checked and sometimes delayed/missing baggage.

Arrive at your poster session a few minutes early to set up your poster and make sure you take it down at the end of the session.