

## INSTRUCTIONS - FOR POSTER PRESENTATIONS NACSM Spring Tutorial

Note: The poster formatting guidelines below follow the guidelines utilized by the National ACSM for posters created for their annual conference.

### INSTRUCTIONS FOR POSTER PRESENTATIONS

1. **It is recommended you create your abstract poster in Microsoft PowerPoint.** It is recommended to set your slide size to 36 inches by 48 inches. Your poster does not need to be this large. However, you want it large enough for attendees to easily view/read. The title, author(s) and institution are to be prominently displayed across the top border.
2. Poster displays may or may not include the **ABSTRACT** (in the upper left hand corner) and other **TEXT NARRATIVE**. Depending on the focus of the research, one also typically includes some or all of the **TABLES, FIGURES, ILLUSTRATIONS, PHOTOGRAPHS, AND LEGENDS**.
3. If you are presenting a Meta Analysis you do not need to include Methods or figures/tables.
4. Include and arrange your material 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.
5. In addition to the need for large and dark lettering (see #2 above), other fundamentals are in order:
  - Keep tables and figures simple and uncluttered.
  - 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.
  - Most graphic software programs have innumerable options for color and symbol shape. Although many are terrific options, it may also be the case that other choices, which look reasonable on your computer screen, will be ineffective when printed. Depending on your specific needs, don't forget that there is much to be said for using large and unique symbols or shading patterns to distinguish groups and conditions, with a more sparing use of color to make these distinctions.

Note: ACSM may have different virtual presentation requirements. If you are awarded the Presidents Cup award from the Northland Chapter, you may need to re-record your presentation based on ACSM requirements

## **INSTRUCTIONS FOR RECORDED VIRTUAL PRESENTATION**

1. Your presentation can be recorded using any media recording software but must be saved as a MP4 file type.
2. Please be virtually present in your presentation. This means we would like to see your face alongside your abstract slide It is always nice to see someone in a virtual setting.
  - Do not just voiceover on your slide.
  - Clearly articulate your words and speak directly into or as close to the microphone as you can
  - Turn on closed captioning. This allows you to have an inclusive presentation for all viewers.
3. Presentations must be no shorter than 4 minutes and no longer than 7 minutes.
4. In addition to discussing the information on your slide, consider answering the following questions:
  - What is the practical application of your research findings or Meta Analysis?
  - What did you learn from this study/analysis?
  - How do your results/findings compare to previous research?
5. Presentations must be uploaded to the group Flipgrid page prior to Wednesday April 6th by 11:59 pm. The link was sent to you via email and can be found here: <https://flipgrid.com/phillips5497>
6. Presentations will be judged the week of April 11th and winners will be notified the week of April 18th. Presentations will be viewable on Flipgrid until Friday May 10th.