



Free Communication / Poster Session Information

*Below are instructions and recommendations for poster format and presentation.

POSTER PRESENTATION – SESSION FORMAT

Posters should be printed on a single piece of paper or display cloth. The size of the poster should be no larger than 48 inches wide by 36 inches tall. Posters should be printed on paper or cloth that allows for attachment to display boards with push pins. These push pins will be provided for you and will be affixed to your display board. It is recommended that your figures and fonts can be read from at least 3 feet away.

The following information is recommended for your presentation; however, you are free to be creative and present your data and findings in a manner you feel most effective.

- 1) **TITLE, AUTHOR(S), and INSTITUTIONS/AFFILIATIONS** are to be prominently displayed across the top border with lettering height between 1 and 2 inches (2.5 to 5 cm).
- 2) Poster displays must include the **ABSTRACT BODY** and other **TEXT NARRATIVE**. Depending on the focus of the research, one also typically includes some **TABLES, FIGURES, ILLUSTRATIONS, PHOTOGRAPHS, and LEGENDS**.
- 3) Include and arrange your material so a coherent and straightforward story is told without your presence. Emphasize the most important points and avoid overwhelming the viewer with too much detail. Specific recommendations include:
 - **INTRODUCTION** – Briefly summarize the necessary background that led to this work, clearly identify the purpose or specific aims to 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 the highlighting and briefly discussing the essential points.
 - **SUMMARY AND CONCLUSION** – Briefly, what are the vital 'bottom lines' of your work.
 - **ACKNOWLEDGEMENT** – identify funding source(s), institutional support, individuals who have contributed significantly but are not listed as authors, etc.
 - Consider distributing a **HANDOUT** or providing a **QR CODE** which would allow you to share and distribute larger data sets or other details.

Other Notes:

- Keep tables and figures simple and uncluttered.
- Strong visual contrasts enhance the audience's ability to read the poster. Some people have difficulty distinguishing closely related colors, like green from blue, or among subtle shades of a primary color, particularly against incompatible background colors.
- ACSM NW does not manage a poster printing service. The University of Idaho does have printing capabilities on their Moscow Campus. If you wish to have your poster printed by the UI Copy and Print Center, it is recommended that you make the arrangements prior to arriving for the meeting as the time to complete the printing will be dependent upon their workload. [UI Copy and Print Center](#) Phone: Help Desk 208-885-7377