

**Nordic Sport Science Conference at Halmstad University, Sweden the 22-23 November 2017**  
**Poster Guidelines**

**Poster General Guidelines**

- Posters should be mounted within a working area of 120 cm (high) x 90 cm (wide). This is equivalent to two landscape A1 sheets, one above the other.
- Posters should be readable from at least a metre.
- A well-designed poster should contain very little text, with most of the space being used for illustrations. Include photographs to attract attention and exemplify your points.
- The illustrative content should cover around 50% of the available area, thus figures and tables should be large.
- The poster should be self-explanatory.
- Aim for clear and simple presentation of data.
- Avoid non-standard abbreviations, acronyms and excessive use of jargon.
- Feel free to prepare handouts with more detailed information and detailed data, summary charts and/or references.

**Poster Content**

Your poster should contain only the *key highlights* of your study/material so that passers-by can decide whether to view the poster. If they are interested in your poster you can then provide more detail. Nonetheless, you may ensure the following sections are included:

**Title** - The title should be concise and if possible, attention-grabbing. The title must be large and should be readable from a distance of 3 m. The title should stretch across most of the width of the poster board. The letters in the title should be between 6 and 8 cm high. Centered below the title should be the author(s) name(s) and affiliation(s). The letters in this second line should be between 4 and 5 cm high. If there are several authors, you might have the affiliation on a third line (~3 cm high).

**Introduction** - This section should succinctly provide a rationale for the study and lead to the statement of the purpose of the study. You might also include the hypothesis.

**Method** - In this section, the methods employed should be described, detailing the participants, instrumentation, research design and data analysis.

**Results** - Summarise the key results. This could be most effectively presented by simple tables, figures, illustrations, and/or photographs. Use most of the available space to illustrate the results.

**Summary and Conclusion** - This section should be brief, with a concluding phrase or set of bullet points, stating the implications of your work.