

E-Poster Guidelines for Presenters at the 1st Spring Sport Science Summit

Creating an effective E-Poster presentation involves concise content, clear visuals, and engaging delivery. Here are general guidelines for a 5-7 slide E-Poster presentation designed for a 5-minute presentation:

Slide Structure

Title Slide

- Title of your presentation
- Your name and affiliation
- Date and event name

Introduction

- Brief background or context
- Purpose or objective of the study/presentation

Methods/Materials

- Description of methods or materials used
- Keep it concise and focused on key points

Results

- Main findings or data
- Use charts, graphs, or tables for clarity

Discussion

- Interpretation of results
- Significance and implications

Conclusion

- Summary of key points
- Take-home message or recommendations

Acknowledgments and References

- Acknowledge contributors and funding sources
- List key references (if space allows)

Design and Content Tips

1. **Keep it Simple:** Avoid cluttering slides with too much information. Use bullet points and short sentences.
2. **Visuals:** Use high-quality images, charts, and graphs. Ensure they are large enough to be easily read.
3. **Consistency:** Use a consistent font, colour scheme, and layout throughout your slides.
4. **Font Size:** Ensure text is legible. Titles: 36-44 pt, Body text: 24-32 pt.
5. **Contrast:** Use high contrast between text and background for readability.

Presentation Tips

1. **Practice:** Rehearse your presentation multiple times to ensure you stay within the 5-minute limit.
2. **Pacing:** Aim to spend about 45 seconds per slide.
3. **Engagement:** Make eye contact with your audience and speak clearly and confidently.
4. **Focus:** Stick to the main points and avoid going into too much detail.

Technical Considerations

1. **Format:** Ensure your E-Poster is in a commonly accepted format (e.g., PPT).
2. **Backup:** Have a backup copy of your E-Poster on a USB drive or cloud storage.
3. **Compatibility:** Test your presentation on the equipment you will be using to avoid technical issues.

Following these guidelines will help you create a clear, engaging, and effective E-Poster presentation.