

2019 SDA CONFERENCE
KEEPING YOU COOL

Melbourne Sports & Aquatic Centre (MSAC), South Melbourne
18 & 19 October 2019

POSTER GUIDELINES

Please keep in mind these points when preparing your poster:

1. The display board surface is 1.2 meters high and 1.8 meters wide. Posters should be no larger than A0 size (height – 1189mm x width - 841 mm) in portrait orientation.
2. The title, author(s) and institution are to be prominently displayed across the top border with lettering height between 2.5 to 5.0 cm.
3. Poster displays must include the **ABSTRACT** (in the upper left hand corner) and other **TEXT NARRATIVE**. Depending on the focus of the case study, it is expected you include some or all of the following - **TABLES, FIGURES, ILLUSTRATIONS, PHOTOGRAPHS, and LEGENDS**. These materials will be viewed from about 1m distance, so choose large type or print font and points that can be read from that distance without the use of binoculars. One example that works well: is Arial 30 font for general text, with major section headings as Arial 44.
3. Include and arrange your material so a coherent and straight-forward story is told without your presence. Best to have information laid out so the reader moves from left to right. Emphasize the most important points and avoid overwhelming the viewer with too much detail. Specific recommendations include:

Background to issue

- Summary of the topic/sport/context in which the athlete's nutritional challenge has emerged
- Examples: Overview of an event or sport, an issue in a sport (e.g., making weight), or a clinical nutrition issue (e.g., celiac disease, Type 1 diabetes)

Presentation of athlete/subject

- Confidential presentation of the subject of the case study.
- A statement that the subject has provided written permission for publication of the case study after having read the paper. There should also be a statement that the report conforms to the principle that has been approved by the Ethics Committee of the Australian Institute of Sport *or* a statement that the paper has been approved by another human ethics committee.
- Details of the situation that led to the involvement of the subject and author(s) in the observation, project, or collaboration.

Athlete/Subject assessment

- Personal and sporting history
- Physique and physiological characteristics (as applicable)
- Medical or clinical history (if relevant)
- Nutritional assessment and history (as applicable)

Overview of nutrition plan/intervention

- Details of the recommended plan with scientific/nutritional support for this approach

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4. A final note:

- Keep tables and figures simple and uncluttered.
- Strong visual contrast is a must. Many people have difficulty distinguishing closely related colours, like green from blue, or among subtle shades of a primary colour, particularly against incompatible background colours. Up to 10% of the people who view your work will have some degree of colour blindness.
- Most graphic software programs have innumerable options for colour 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 colour to make these distinctions.
- Carry your poster as carry-on luggage; don't entrust it to checked and sometimes delayed/missing baggage.
- Although tacks and Velcro will be available on-site, you are advised to bring your own in case SDA's supply has been used up before your time.

Developed from guidelines set out for ACSM poster presentations and IJSNEM case study author guidelines.

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