



# ISEK 2010: The XVIII Congress of the International Society of Electrophysiology and Kinesiology

## INSTRUCTIONS FOR THE PREPARATION OF POSTERS

Each poster will be left on display for half a day. Each day, there will be a dedicated poster discussion period. Authors are required to be present at their poster for 1 hour. Full details of your poster presentation time slot will be available in the final program.

## POSTER BOARDS

- Each poster will be allocated a poster board, measuring approximately **1.0m wide x 2.5m tall**. Posters must therefore be in **portrait style**.
- Pushpins for mounting your poster will also be provided. No electrical outlets or audio-visual equipment will be provided in the poster area.
- Each board will be numbered. Be sure you place your presentation on the board number for your poster that appears in the final program that you will receive at the congress.
- It is essential that your poster is clear and visible. The text, illustrations, etc. should be bold enough to be read from a distance of two meters (six feet).

## RECOMMENDATIONS

TYPE OF TEXT	SIZE OF CHARACTERS	CASE / STYLE	GENERAL ADVICE
<b>TITLE</b>	20-24 mm or 100 point maximum	Title Case / <b>Bold</b>	At the top of the poster include the title of the presentation, the name of the authors and the contact details for the corresponding author.
<b>HEADINGS</b>	48 point is suggested 60 point maximum	Title Case	Headings such as "Introduction", "Methods", "Results", "Discussions" and "Conclusions" are useful.
<b>CONTENT</b>	24-28 point 32 maximum Single spaced	Upper and Lower Case	The text should be brief throughout. Any description of methods should be simple and concise.

## **ADVICE FOR THOSE WHO HAVE NOT PREVIOUSLY PRESENTED A POSTER**

- The message that your poster contains should be clear and understandable without the requirement of oral explanation. Methods should be presented simply and concisely.
- Handouts can be very useful. If you wish to supply handouts you must provide a holder that can be attached to your board.
- After the title, the two most important panels are the Introduction and the Conclusion. These panels need to be very simple, concise and visually attractive.
- Results should be presented graphically if possible. Avoid large tables of data. Results should be in line with those originally submitted in your abstract.
- Use pictures, symbols and colour. Figure legends are essential and should be short but informative. Each graph should have a short heading. For visual effect, we recommend that graphs be no smaller than 12cm x 18cm.