**Physical Activity, Health and Wellbeing MHSMD3PAH**

**Guidelines for poster presentations 2022-2023**

1. Design a poster that aims to raise awareness of the importance of increasing physical activity in students and / or staff of CCCU AND London School of Commerce.
2. Your aim is to create an intervention that ‘nudges’ students and staff to increase their levels of physical activity within the environment of the University – the aim is to reduce time spent sedentary and increase time spent moving.
3. The academic underpinning / rationale for your intervention should be clearly displayed as part of the poster.
4. As this is a group activity, the workload should be shared equally, and the members of the group should take responsibility for clear sections of the poster. For example, student 1 creates the introduction, student 2 creates the theories/concepts section, student 3 creates the explanation of the intervention. When the poster is presented, specific attention will be given to the relevant area of the poster when each group member is assessed.
5. Please refer to the Poster Presentation Material folder on Blackboard to develop your poster.
6. **Size**. Your poster should be A1 PORTRAIT (597mm wide by 841mm high).
7. **Layout**: Plan your layout with care. Do not provide too much detail, and leave enough white / plain space so that your poster looks organised and is easily readable. You can include headings and subheadings. Your information should flow (see examples below). Organise the information into sections. The following sections are suggested;
   * Title, authors
   * Introduction / background to the topic of your poster
   * Theories / concepts that have informed your intervention
   * Brief explanation of your intervention /poster
   * References

A typical poster contains about 1,000 words. Your graphics can convey a lot of information. If you include graphs, ensure that you provide a title with the graph that explains what the viewer should understand from it.

1. **Colour**: Colour is a way in which you can communicate your work effectively. Choose colours that complement each other (text and background colours should complement each other).
2. **Font type**: Select a font type that is easy to read (e.g. Arial). Text that is written in italics or capitals are difficult to read and will detract from your work. If you need to emphasise anything in your work, use bold-face type.
3. **Text size**: The poster should be readable from a distance (1-3m). Recommended font sizes to use are;
   * Main title 100 pt bold sans serif font (Arial)
   * Subheadings 48 pt bold sans serif font (Times New Roman)
   * Body text 28 pt serif font (Times New Roman)
4. **Image**s: Please ensure that these are of good quality.