

# How to give a 5-minute poster presentation

**Dr. Áine Brislane**

Postdoctoral Fellow

Faculty of Kinesiology, Sport and Recreation

[brislane@ualberta.ca](mailto:brislane@ualberta.ca)

October 5, 2022



women & children's  
health research institute

# Disclosure

No conflict of interest



women & children's  
health research institute

# Outline

- Your abstract
- Your poster
- Step by step
- Your speech
- Dos and don'ts
- Your take home message
- Final take home message

# Your Abstract

**Everything you need to prepare your poster presentation is in your abstract!**

Your abstract is telling the story of YOUR research

- What is your **research question**?
- How did you address your **hypothesis**?
- Which are your **results**?
- What is the **meaning** of YOUR research?

# Your Abstract

## **Physical activity research priorities in pregnancy: A Delphi study**

Áine Brislane<sup>1</sup>, Melanie Hayman<sup>2</sup> and Margie H. Davenport<sup>1</sup>

<sup>1</sup> University of Alberta, Alberta, Canada.

<sup>2</sup> CQUniversity, Australia.

**INTRODUCTION:** Physical activity levels remain low...need to know what the research should prioritise

**METHODS:** An online survey was completed...data was analysed using

**RESULTS:** Research priorities including X, Y and Z...from 100 respondents

**CONCLUSION:** This study identified...Our findings will help direct future research

# Your Poster

Before start preparing your poster presentation:  
Review the guidelines.

## 5-minute poster presentation

Each trainee will be assigned to a poster space with up to three other poster presenters. One dynamic slide may be used to support the presentation. Trainees have five minutes to present their research followed by up to three minutes of questions from poster judges. Poster judges may be WCHRI postdoctoral fellows or academic members.

## HEADING

### SUB HEADING

Sed leo sem, consequat posuere, congue id, dictum at, eros ut arcu justo, pretium sed. Dignissim non, lacinia molestie, augue onec ipsum dolor, pretium malesuada nec diam Donec quis quam eget dolor convallis. Praesent purus est, interdum vitae, ultricies ut, elementum, sapien. Quisque ligula. Vivamus tellus nisi, faucibus sit amet, dictum Imperdiet, convallis sit amet, ligula. Praesent

posuere. Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique. Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus. Morbi iaculis, mi ut tristique convallis, ipsum nisi sagittis purus, id condimentum pede tortor at quam. Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus.

Morbi iaculis, mi ut tristique convallis, ipsum nisi sagittis purus, id condimentum pede tortor at quam donec in ligula. Donec quis quam eget dolor convallis varius. Proin dapibus. Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique.

GRAPHIC

GRAPHIC

## HEADING

### SUB HEADING

Donec quis quam eget dolor convallis varius. Proin dapibus. Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique.

Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus. Morbi iaculis, mi ut tristique convallis, ipsum nisi sagittis purus, id condimentum pede tortor at quam donec in ligula. Nam a tellus sed nulla aliquet interdum.

GRAPHIC

## HEADING

### SUB HEADING

Donec quis quam eget dolor convallis varius. Proin dapibus. Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique.

Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus. Morbi iaculis, mi ut tristique convallis, ipsum nisi sagittis purus, id condimentum pede tortor at quam donec in ligula. Nam a tellus sed nulla aliquet interdum.

\*Praesent purus est, interdum vitae, ultricies ut, elementum, sapien. Quisque ligula. Vivamus tellus nisi, faucibus sit amet, dictum Imperdiet, convallis sit amet, ligula. Praesent posuere varius est. Donec quis quam eget dolor convallis.

\*Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique. Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus. Morbi iaculis, mi ut tristique convallis, ipsum nisi sagittis purus, id condimentum pede tortor at quam donec in ligula.

GRAPHIC

## HEADING

### SUB HEADING

Donec quis quam eget dolor convallis varius. Proin dapibus. Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique. Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus. Morbi iaculis mi ut.

GRAPHIC

## HEADING

### SUB HEADING

Donec quis quam eget dolor convallis varius. Proin dapibus. Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique. Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus. Morbi iaculis mi ut.

GRAPHIC

### SUB HEADING

Donec quis quam eget dolor convallis varius. Proin dapibus. Nam vitae ipsum ut ipsum condimentum consectetur. Fusce justo. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique.

Curabitur eros sapien, dictum vitae, tempor eget, fermentum id, metus. Morbi iaculis, mi ut tristique convallis, ipsum nisi sagittis purus, id condimentum pede tortor at quam donec in ligula. Nam a tellus sed nulla aliquet interdum. Curabitur id libero. Mauris dapibus tristique. Donec quis quam eget dolor convallis varius. Proin dapibus.

\*Praesent purus est, interdum vitae, ultricies ut, elementum, sapien. Quisque ligula. Vivamus tellus nisi, faucibus sit amet, dictum Imperdiet, convallis sit amet, ligula. Praesent posuere varius est. Donec quis quam eget dolor convallis varius. Proin dapibus. Mauris dapibus tristique.

## ACKNOWLEDGEMENTS

It is imperative that you acknowledge funding of your research. Please use the WCHRI and Foundation [logo\(s\)](#) on your poster or presentation slides if your research has been supported by WCHRI.

# Physical activity research priorities in pregnancy: A Delphi study

Name(s) of contributors, Name(s) of contributors, Name(s) of contributors,

## INTRODUCTION

- You
- Can
- Use
- Bullet Points



## METHODS

- Experimental design, population, techniques, statistical analysis/include images if appropriate especially if explaining complex methods

## RESULTS

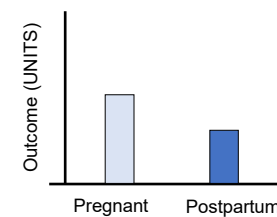
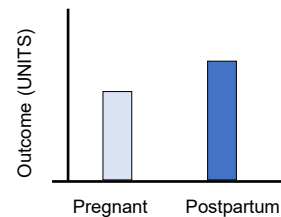
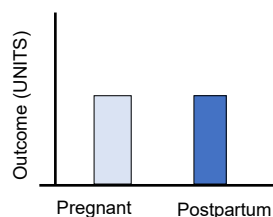
Table 1. Title of your result

	Pregnant	Postpartum
Variable	XX	XX
Variable	XX	XX
Variable	XX	XX
Variable	XX	XX

Table 2. Title of your result

	Pregnant	Postpartum
Variable	XX	XX
Variable	XX	XX
Variable	XX	XX
Variable	XX	XX

Figure 3. Title of your result



## CONCLUSION

Short data interpretation summary/implications and future directions

## ACKNOWLEDGEMENTS

Funding agencies

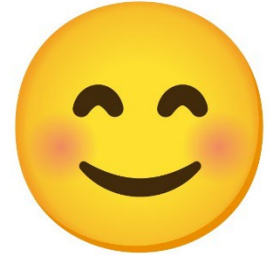




KEEP  
CALM

# Your Speech

- Communication, audience
- Introduce yourself (optional)
- Context → introduction: One minute
- Methods: One minute
- Results: Most important part, 2:30 minutes
- Conclusion and acknowledgements: 30 seconds
- **Practice!!!**





# The Dos

- **Be professional**
- **Take your time to prepare presentation**
- **Easy to understand ☒tell a story**
- **Explain the relevance of your research**
- **Respect the "5-minute presentation"**
- **Practice**
- **Be well-prepared**
- **Check your audio and connection before your presentation**





# The Don'ts

- Do not be late
- If presenting from a different time zone – be aware
- Avoid tiny figures and too wordy/crowded poster
- Do not speak too fast
- Do not make assumptions on what the audience knows
- Do not provide unnecessary details
- **Do not be late**

# Your take home message

You worked hard to get your data,  
tell us what you found and why is important!



# Final take home message

< Relax, focus, practice and enjoy WCHRI Research Day 2022 >

Thank you!

