Tvorba posteru

TOMÁŠ LÁZNA

ZÁŘÍ 2018

Co nás dnes čeká

- Základní pravidla tvorby posterů
- Ukázky
- Praktická část – tvorba posteru ke své SOČ, diskuse o hotových
- Představení posteru ostatním

Požadavky na poster

- Poster je v podstatě ilustrovaný abstrakt
  (ten tam proto už nemusí být!)
- Zaměřte se na pár klíčových bodů
- Probuďte ve čtenáři zvědavost
- Stručně – pokud poster vyžaduje židle pro čtenáře, je to špatně!

Kdo je vaše publikum?

- Na mezinárodní soutěži
  - Porota
  - Ostatní soutěžící
  - Ale i veřejnost
- Na konferenci
  - Lidé z vaší výzkumné oblasti
  - Ale i mimo ni

Odpovězte na otázky

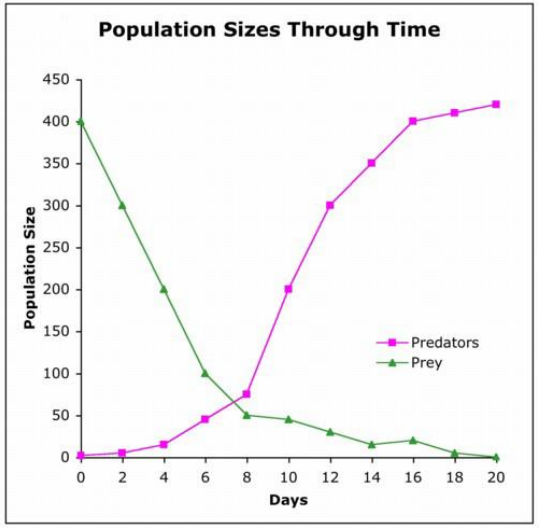
- Proč to dělám?
- Co je můj přínos?
- Jaké jsem použil metody?
- Na co jsem přišel?
- Co navrhuji?

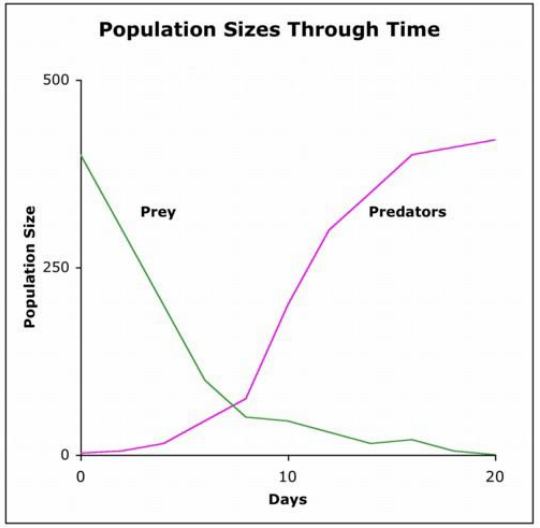
Struktura posteru

- Podobně jako u článku, prezentace (slyšeli jste v minulých lekcích)
- Úvod a cíle
- Metody
- Výsledky
- Závěr a diskuze

Dva stavební prvky posteru

- 1. Obrázky a dobře čitelné grafy





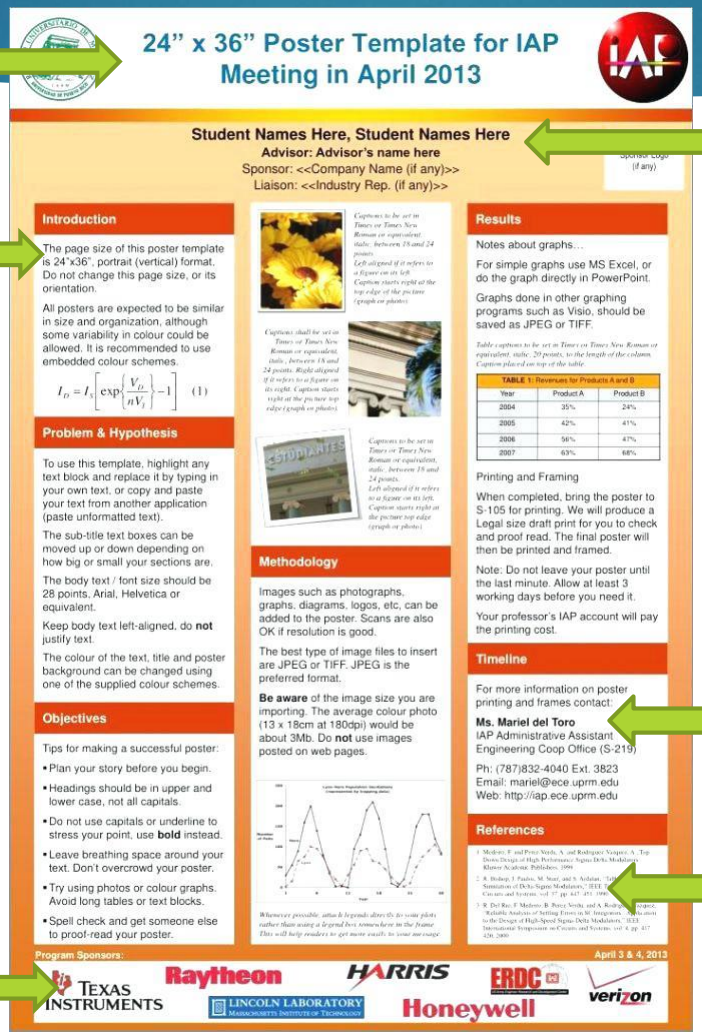
- 2. Krátké bloky textu

Organizace posteru

Titulek

Úvod / cíle / závěr

Instituce, sponzoři



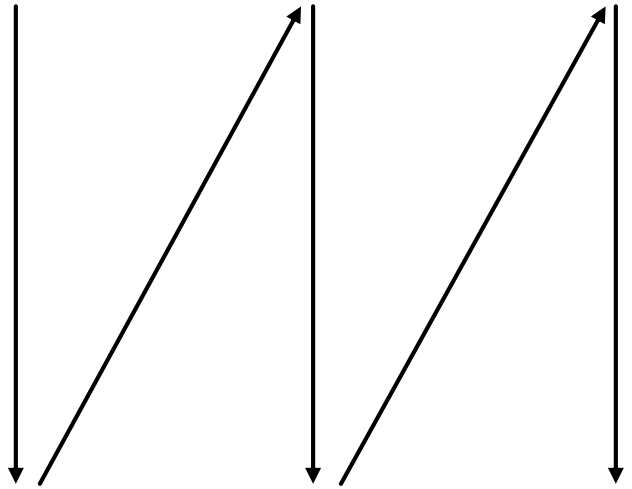
Autoři a afiliace

Kontakt, dedikace

Reference (malé)

Organizace posteru

- Směr čtení



Velikosti písma

- Největší – Titulek
  - Tučné písmo, ne VELKÁ PÍSMENA
- Velké – Nadpisy sekcí
- Střední – Bloky textu
- Malé – Popisky obrázků a grafů
  (ty by měly optimálně fungovat i bez nich)

Čitelný text

- Ponechte blokům textu životní prostor
- Bezpatkové písmo
- Jednotný styl
- Zarovnání vlevo

Používejte hojně vizuální informace

- Velké barevné obrázky, grafy
- Pozor na kvalitu
  - Rozlišení 150 až 300 DPI
  - Fotky ve formátu JPG, grafy ve formátu PNG
- Obrázky musí dávat smysl samy o sobě (popisky os, měřítko, …)

Barevné schéma

- Tmavé písmo na světlém pozadí
- ~3 hlavní barvy
- Ideálně použít institucionální šablonu
- Pro volbu hlavních barev lze použít generátory schémat
  - https://coolors.co/
  - http://paletton.com/
- Nebo vybrat šablonu z internetu, pokud se necítíte na vlastní

Barevné schéma

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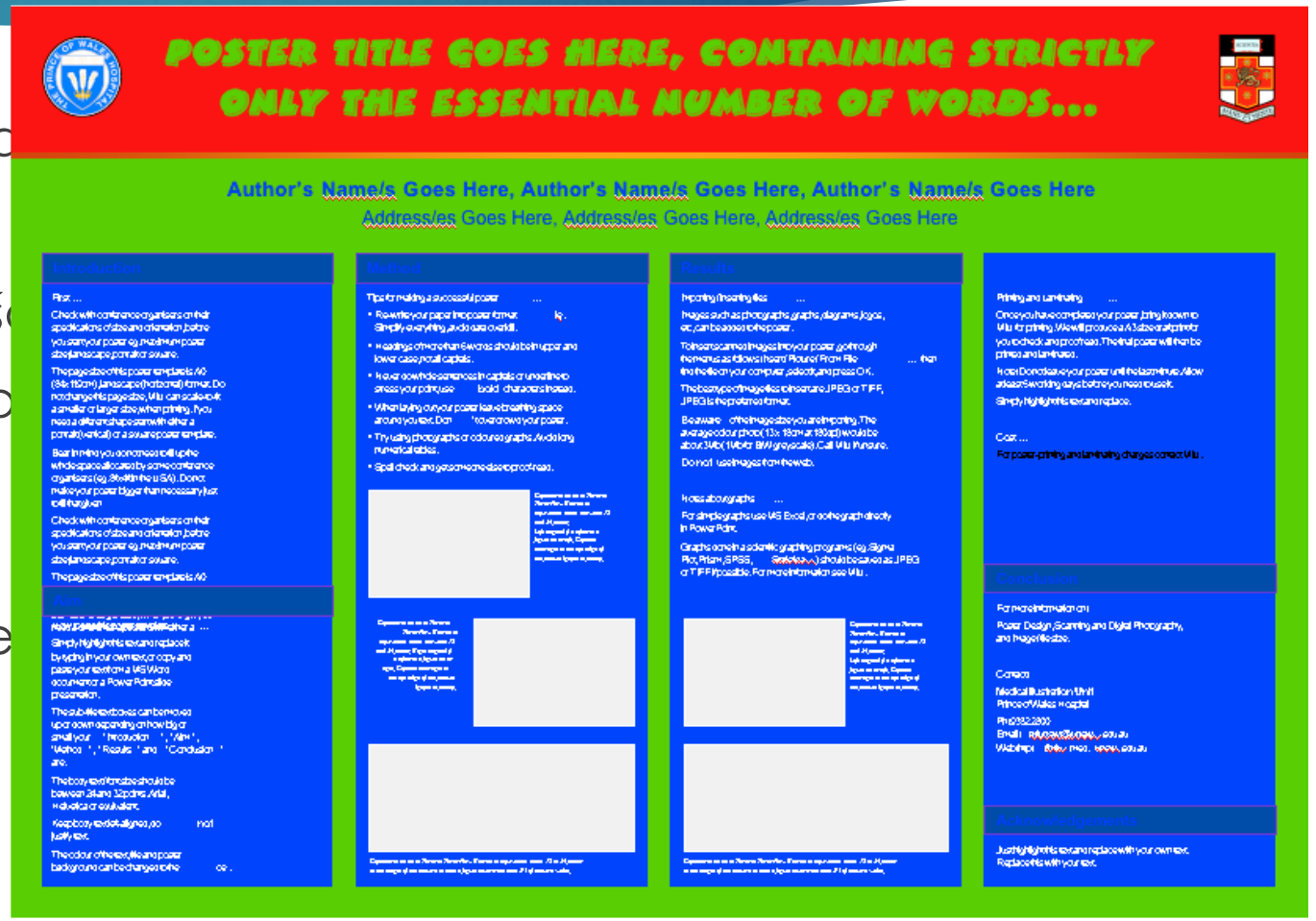
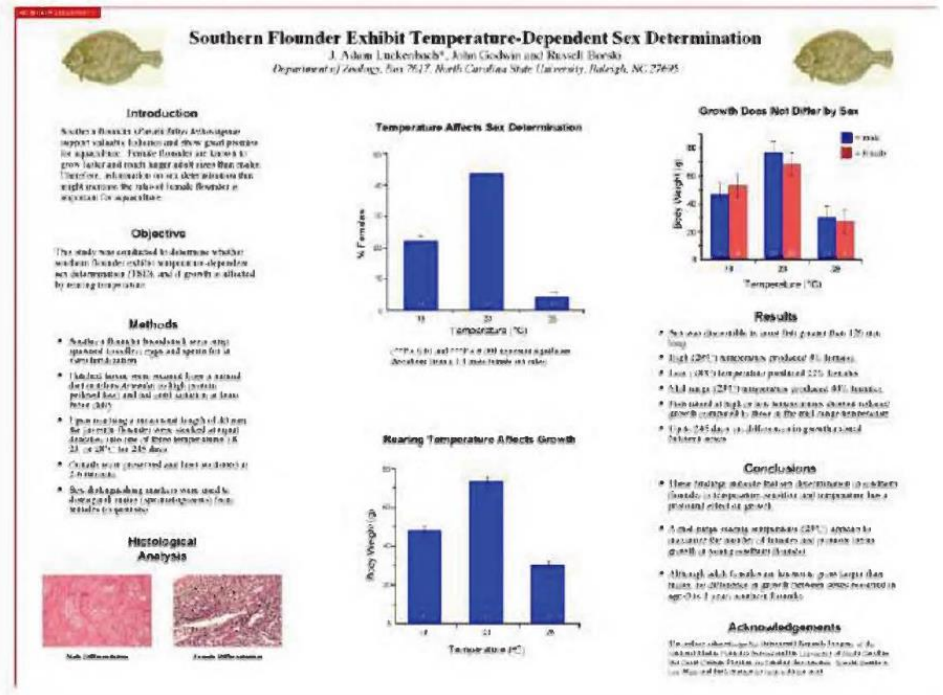
- Pro volbu hlavních barev lze p
  - https://coolors.co/
  - http://paletton.com/
- Nebo vybrat šablonu z interne

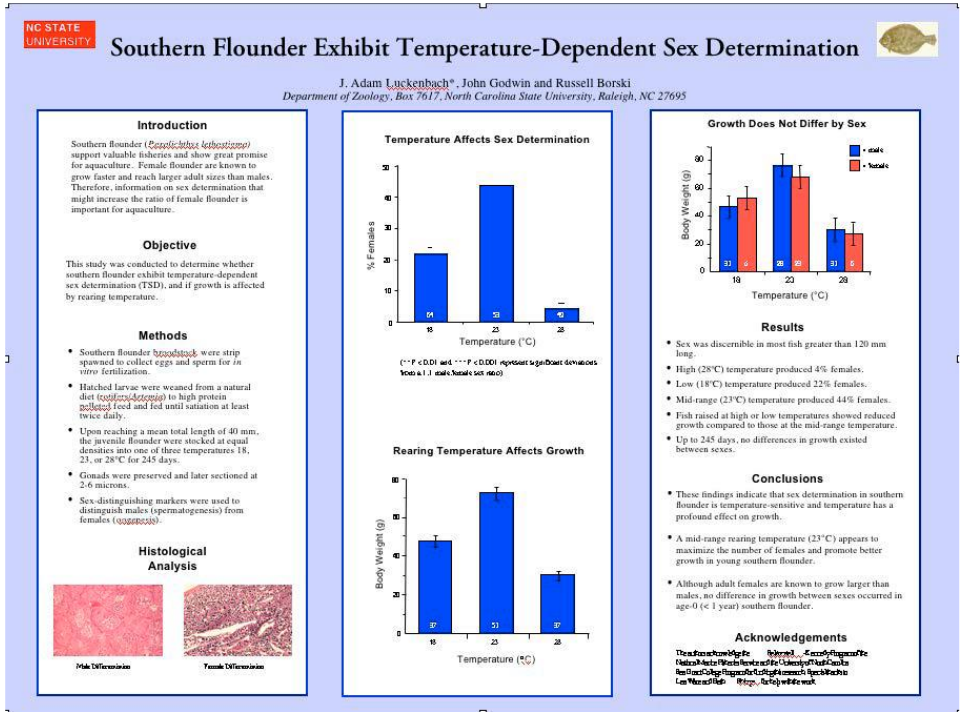
Takto ne!



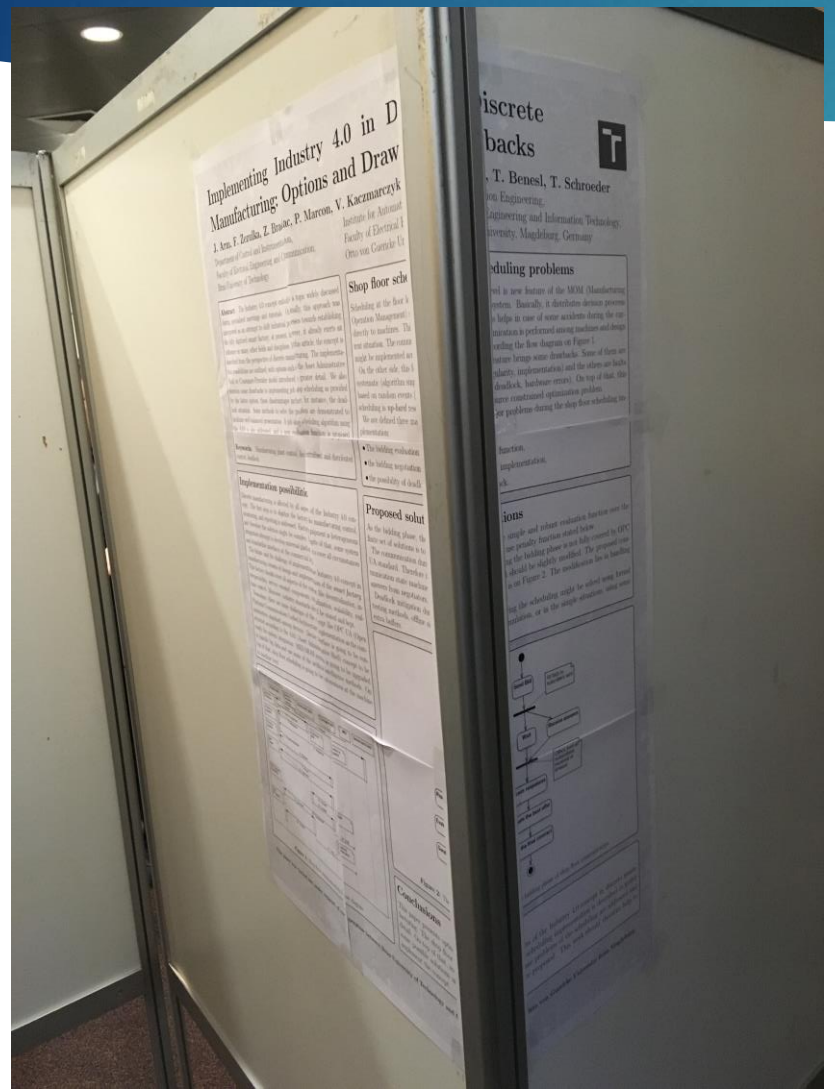
Další doporučení

- Jednoduché pozadí, které neodvádí pozornost
- Bloky uzavřít do rámečků (zaoblené rohy ☺)





Nezanedbejte tisk posteru



Nástroje pro tvorbu posteru

- PowerPoint
- LaTeX
- Vektorové grafické editory

Ukázky posterů

PIGS IN SPACE: EFFECT OF ZERO GRAVITY AND AD LIBITUM FEEDING ON WEIGHT GAIN IN CAVIA PORCELLUS

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ABSTRACT:

One ignored benefit of space travel is a potential elimination of obesity, a chronic problem for a growing majority in many parts of the world. In theory, when an individual is in a condition of zero gravity, weight is eliminated. Indeed, in space one could conceivably follow ad libitum feeding and never even gain an gram, and the only side effect would be the need to upgrade one's stretchy pants("exercise pants"). But because many diet schemes start as very good theories only to be found to be rather harmful, we tested our predictions with a long-term experiment in a colony of Guinea pigs (Cavia porcellus) maintained on the International Space Station. Individuals were housed separately and given unlimited amounts of high-calorie food pellets. Fresh fruits and vegetables were not available in space so were not offered. Every 30 days, each Guinea pig was weighed. After 5 years, we found that individuals, on average, weighed nothing. In addition to weighing nothing, no weight appeared to be gained over the duration of the protocol. If space continues to be gravity-free, and we believe that assumption is sound, we believe that sending the overweight — and those at risk for overweight — to space would be a lasting cure.

INTRODUCTION:

The current obesity epidemic started in the early 1960s with the invention and proliferation of elastane and related stretchy fibers, which released wearers from the rigid constraints of clothes and permitted monthly weight gain without the need to buy new outfits. Indeed, exercise today for hundreds of million people involve only the act of wearing stretchy pants in public, presumably because the constrictive pressure forces fat molecules to adopt a more compact tertiary structure (Xavier 1965).

Luckily, at the same time that fabrics became stretchy, the race to the moon between the United States and Russia yielded a useful fact: gravity in outer space is minimal to nonexistent. When gravity is zero, objects cease to have weight. Indeed, early astronauts and cosmonauts had to secure themselves to their ships with seat belts and sticky boots. The potential application to weight loss was noted immediately, but at the time travel to space was prohibitively expensive and thus the issue was not seriously pursued. Now, however, multiple companies are developing cheap extra-orbital travel options for normal consumers, and potential travelers are also creating news ways to pay for products and services that they cannot actually afford. Together, these factors open the possibility that moving to space could cure overweight syndrome quickly and permanently for a large number of humans.

We studied this potential by following weight gain in Guinea pigs, known on Earth as fond of ad libitum feeding. Guinea pigs were long envisioned to be the "Guinea pigs" of space research, too, so they seemed like the obvious choice. Studies on humans are of course desirable, but we feel this current study will be critical in acquiring the attention of granting agencies.

MATERIALS AND METHODS:

One hundred male and one hundred female Guinea pigs (Cavia porcellus) were transported to the International Space Laboratory in 2010. Each pig was housed separately and deprived of exercise wheels and fresh fruits and vegetables for 48 months. Each month, pigs were individually weighed by duct-taping them to an electronic balance sensitive to 0.0001 grams. Back on Earth, an identical cohort was similarly maintained and weighed. Data was analyzed by statistics.

RESULTS:

Mean weight of pigs in space was 0.0000 +/- 0.0002 g. Some individuals weighed less than zero, some more, but these variations were due to reaction to the duct tape, we believe, which caused them to be alarmed push briefly against the force plate in the balance. Individuals on the Earth, the control cohort, gained about 240 g/month ($p = 0.0002$). Males and females gained a similar amount of weight on Earth (no main of effect of sex), and size at any point during the study was related to starting size (which was used as a covariate in the ANCOVA). Both Earth and space pigs developed substantial dewlaps (double chins) and were lethargic at the conclusion of the study.

CONCLUSIONS:

Our view that weight and weight gain would be zero in space was confirmed. Although we have not replicated this experiment on larger animals or primates, we are confident that our result would be mirrored in other model organisms. We are currently in the process of obtaining necessary human trial permissions, and should have our planned experiment initiated within 80 years, pending expedited review by local and Federal IRBs.

ACKNOWLEDGEMENTS:

I am grateful for generous support from the National Research Foundation, Black Hole Diet Plans, and the High Fructose Sugar Association. Transport flights were funded by SPACE-EXES, the consortium of wives divorced from insanely wealthy space-flight startups. I am also grateful for comments on early drafts by Mañana Athletic Club, Corpus Christi, USA. Finally, sincere thanks to the Cuy Foundation for generously donating animal care after the conclusion of the study.

LITERATURE CITED:

NASA. 1982. Project STS-XX: Guinea Pigs. Leaked internal memo.
Sekulić, S.R., D. D. Lukač, and N. M. Naumović. 2005. The Fetus Cannot Exercise Like An Astronaut: Gravity Loading Is Necessary For The Physiological Development During Second Half Of Pregnancy. Medical Hypotheses. 64:221-228
Xavier, M. 1965. Elastane Purchases Accelerate Weight Gain In Case-control Study. Journal of Obesity. 2:23-40.

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Praktická část

- Kdo nemá poster s sebou, vezme si flipový papír a navrhne jeden pro svou práci SOČ
- Kdo má poster hotový a chce se o něm pobavit, jsem k dispozici
- Kdo má zkušenosti s tvorbou posteru, může pomoct svým kolegům

Děkuji za pozornost

Dotazy?

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