

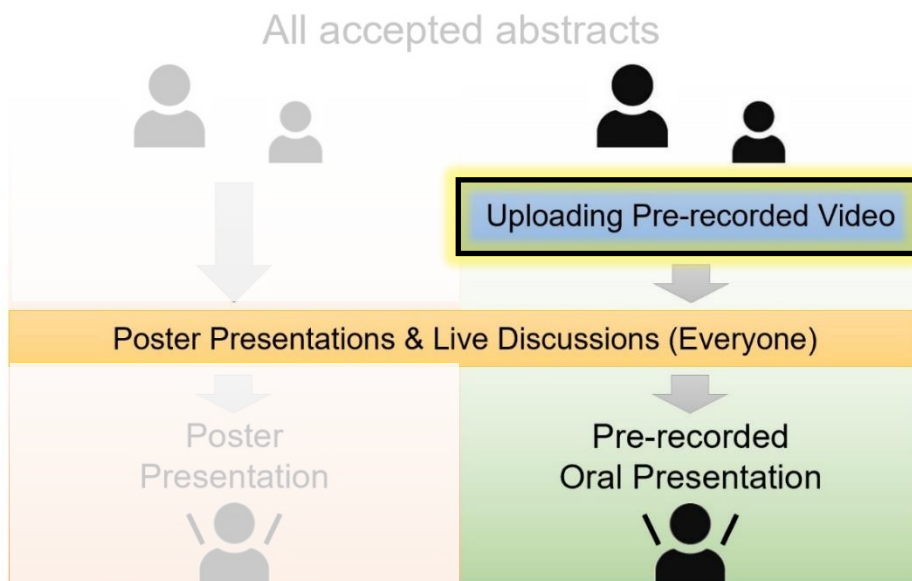
# B

2021/10/26

## The 11<sup>th</sup> Asian-Pacific Conference on Biomechanics Guideline B for uploading Pre-recorded Video

### (a) For whom...

This guideline is for **Pre-recorded Oral Presenters**, who upload Pre-recorded Videos.



### (b) General information

#### Your Video **MUST**:

- be a **MP4, AVI, MOV, or WMV** video file
- be **3 to 8** minutes
- be recorded in **16:9** aspect ratio
- be less than **250 Mb**
- be uploaded to our online system by **November 26 (Fri)**

#### Tips for PowerPoint users:

Microsoft webpages describe how to record a video: <https://support.microsoft.com/en-us/office/record-a-presentation-2570dff5-f81c-40bc-b404-e04e95ffab33>

**Important Note:** If you include **webcam video**, please leave the right down corner free to avoid from overlapping of your face and important data/statements!!

## (c) How to upload your Pre-recorded Video

When you are satisfied with your pre-recorded video, please submit via our online system: <https://confit-vas.atlas.jp/apbiomech2021/video/login>

### 1. Log in

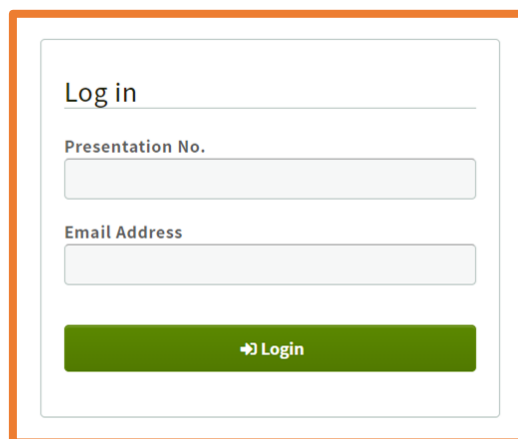
You can log into the system with:

- Presentation Number (e.g. PP2-43)
- Email address registered in the abstract submission

#### Registration of presentation video files

This is a site for uploading video files for the presentation of Confit Conference 20xx.

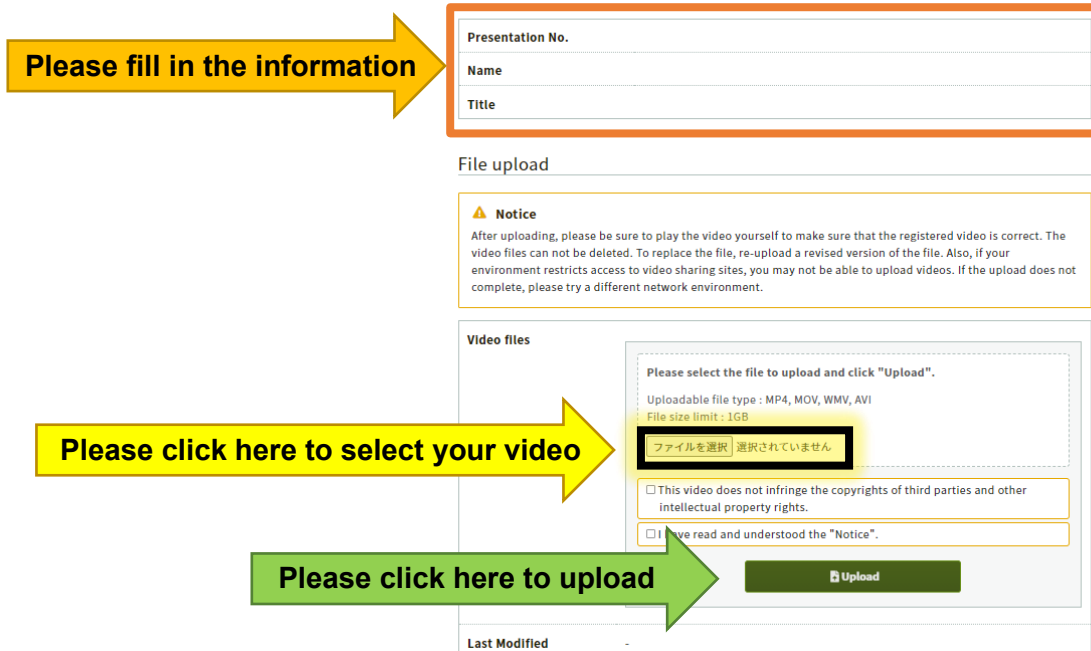
Please enter the presentation number, your email address and click "Login".



### 2. Upload the video

#### Registration of presentation video files

Please check the presentation title and register the video files. The presentation title may differ from the program information.



**Please fill in the information**

**Please click here to select your video**

**Please click here to upload**

### 3. Confirm the uploading status

**Make sure that all three status bars will show 100%!!**

When the uploading is completed, you will receive a **confirmation email**.

#### File upload

**⚠ Notice**

After uploading, please be sure to play the video yourself to make sure that the registered video is correct. The video files can not be deleted. To replace the file, re-upload a revised version of the file. Also, if your environment restricts access to video sharing sites, you may not be able to upload videos. If the upload does not complete, please try a different network environment.

**Video files**

The system is now processing to upload a video. Depending on the file size and congestion, it may take several tens of minutes to complete.  
**Please do not close the window until the process is complete.**

Step 1. Upload	100%
Step 2. Transcode	0%
Step 3. Thumbnail Registration	Waiting

Last Modified      Uploading

#### FAQ

Q. May I use **other software**, such as LaTeX Beamer, Prezi, and so on?

A. Yes, you can use tools to record your computer screen and voice to prepare your file.

Q. The obtained video is **larger than 250 Mb**, but how can I manage?

A. If larger files are obtained, please consider to export at a lower quality.

Q. Do I need to attend “Poster Presentations and Live Discussion” session?

A. Yes. It is mandatory to attend the session to be admitted as Pre-recorded Oral presenters.

Q. Do I need to newly prepare **PowerPoint slides** in the “Poster Presentations and Live Discussion” session?

A. Pre-recorded Oral presenters, who submitted pre-recorded videos, may present the same slides in the “Poster Presentations and Live Discussion” session.

Further questions may be sent to: [secretary@apbiomech2021.org](mailto:secretary@apbiomech2021.org)

*End of Guideline B*