

How to make a QuickTime Movie with a Video Track

To digitize the video, you will need the following:

- a computer with a video board (This is sometimes called video-in capability.)
- software for digitizing video
- a video camera or VCR
- cables to connect the camera/VCR to the computer

Here are the steps:

- 1. Set up the equipment**
- 2. Record or digitize the movie**
- 3. Save the movie**
- 4. Compress the movie**
- 5. Re-save the movie**

1. Set up the equipment

Plug in the video camera or VCR.

2. Record or digitize the movie

In this example, the Apple Video Player is the software used to digitize the video.

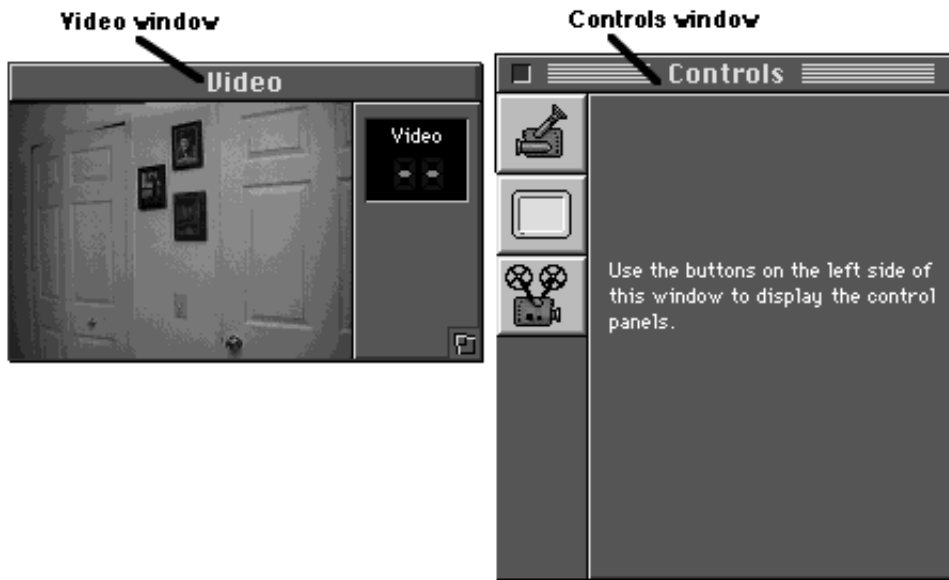
The Apple Video Player may be downloaded from

<http://asu.info.apple.com/swupdates.nsf/artnum/n11157>

Start the Apple Video Player:



You should see two windows:



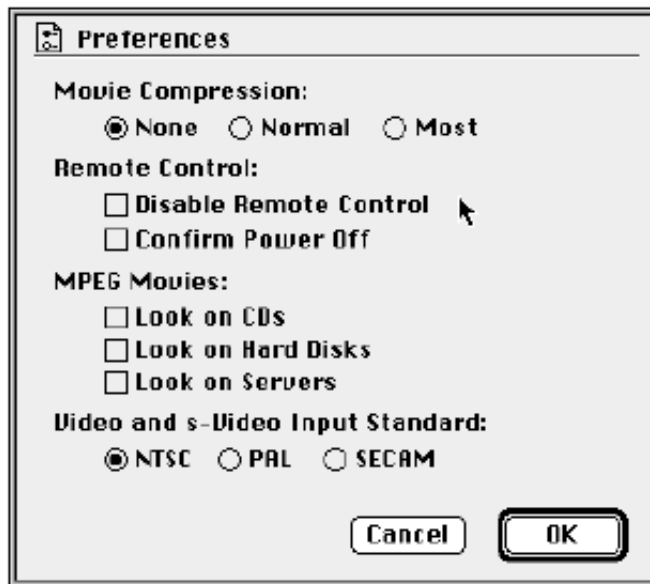
Under Setup, select Preferences ...



You should see this screen:

Compression should be set to None.

Video and S-Video Input Standard should be set to NTSC if you are using the US standard.



If you don't see an image in the video window, click on the TV monitor in the Controls window:



Select the video source: Video or S-Video:

Adjust the other controls (brightness, sharpness, contrast, color) as needed:



Now click on the camera icon:

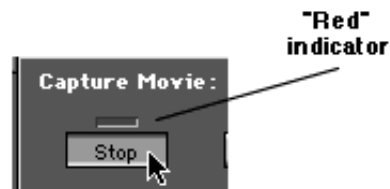


Press Record

The recording will begin when the red indicator goes on.



Press Stop when you are finished.



3. Save the movie: Name the movie and click on Save.



The icon of the movie will appear on the desktop.



If you have digitized with the Apple Video Player, the file will be in SimpleText format.

4. Compress the movie

If possible, use Media Cleaner Pro or Adobe Premiere.
If these programs are not available, use QuickTime Player.
In this example, QuickTime Player will be used.

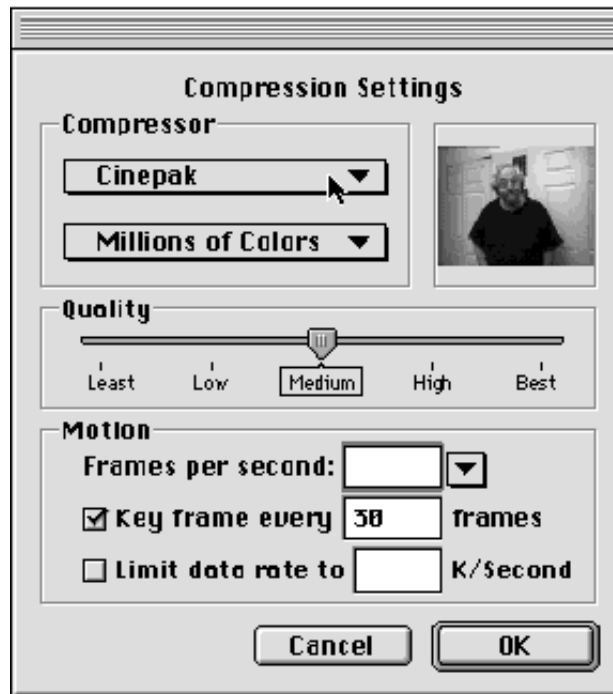
Start with an uncompressed movie file.



- Open the movie in QuickTime Player.
- The easiest way to do this is to drag the icon of "My first movie.mov" over QuickTime Player.
- From the File menu, select Export.
- On the next screen, click on Options ...
- Select Video, and then click on Settings

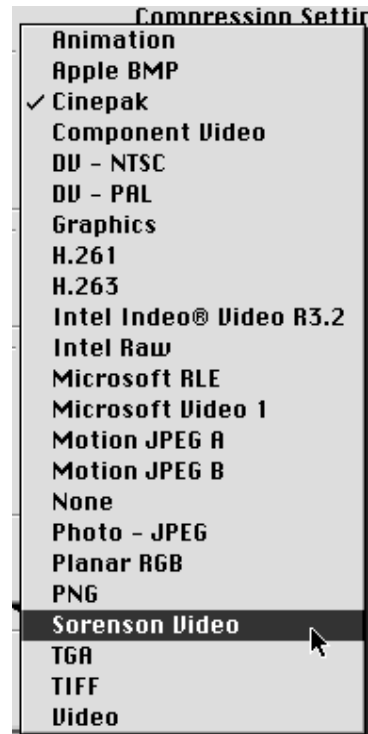
Click on the pop-up menu under Compressor:

Adjust the quality setting according to taste:



Select Sorenson Video

Click OK on the Compression Settings window.



Make any necessary adjustments to the sound settings on the next screen.

Click OK.

5. Re-save the movie

You will be prompted to save the movie. Change the name to avoid replacing the original, uncompressed movie.