

## **Exporting and Encoding video from FCP**

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#### **Video Exporting Tips**

1. It is best to shoot steady quality video because it "reduces the number of pixels that change from frame to frame, giving you better quality at higher compression rates (lower data rates)," according to Adobe.

2. You must choose a media player. It is best to export to a Flash Player because 98% of the population has a Flash plug-in installed on their computer, however 59% have a Windows Media Player and 62% have a QuickTime player.

#### **QuickTime**

If you choose to export using QuickTime, it is best to export your media as a MPEG4 and select H.264 for HD. Selecting H.264 also helps with the resolution and audio quality. Here are the steps needed in Final Cut Pro (FCP).

1. After your video is edited in FCP, choose File > Export > Using QuickTime conversion
2. File Format > Select MP4
3. Use > Select Broadband – High
4. Ctrl-click your .mp4 movie clip > Open with QuickTime Player

#### **Flash Player**

There is a drawback related to exporting to a Flash player, it requires Flash software. But if you have it, use it because using Flash for these purposes is easy.

1. After your video is edited in FCP, choose File > Export > Using QuickTime conversion
2. File Format > Select QuickTime movie
3. Use > Select Broadband – High
4. Open Adobe Flash CS3 Video Encoder
5. Drag .mov to Encoder window > Settings > Flash High Quality > Start Queue
6. Open your .flv
7. Import video > Continue > Progressive download from a web server > Continue > Select skin and color > Finish
8. Control > Test Movie > Produces a .swf

## Using Compressor

Compressor is a video and audio compression and encoding application, which is a part of Final Cut Pro.

1. Export video as a .mov using Quicktime Movie conversion > Select Broadband – High
2. Open Compressor program
3. +Add File > Select .mov
4. Select Apple down arrow > Other Workflows > Web > Download > Quicktime 7 Compatible > Select one or all (balance file size with quality) > Drag file(s) to window above selecting preferred variations in quality > Submit
5. Choose a small file with acceptable quality
  - a. Should appear on desktop. If not, select History and the little button off to the side will tell you where your file is saved.