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BSc (Hons) Sports Therapy

SHSS4064
Video
Editing
Guidelines

2019-2020

VIDEO EDITING GUIDELINES

iMOVIE

INSTALLATION

iMovie is a free video editing software distributed with most Mac operating systems. If it is not installed on your machine, check the [OS X iMOVIE](#) for more information.

IMPORT VIDEO AND IMAGES

To import video files, go to File > Import > Movies. A dialog box should open that will allow you to navigate to your video file and import it into iMovie. If asked, make sure to import the full file for HD videos. The movie will be placed in the Event Library at the bottom of your screen. You can highlight portions of the video using your mouse and drag them into your project timeline in any order you choose.

For images, you should first load your files into an iPhoto album. iMovie can access the images in your iPhoto, which you can see by clicking the camera shaped icon on the right side of the screen. Drag and drop images into the project just like you would video. You can edit the image's duration, as well as adjust cropping options or add a "Ken Burns" movement effect by clicking on the image in the project timeline and clicking the small blue square that pops up.

IMPORT AUDIO

Much like with images, you'll want to first import any audio files into iTunes. You can then access your iTunes library in iMovie by clicking the music note icon on the right side of the screen, then drag your audio file into the project window. The audio will automatically snap to the length of the project or clip it is dragged onto, so you may find it easier to set the duration of one stock image to be longer than the audio track you've created and add in the appropriate images at the beginning of the audio, deleting the stock image when you are through.

TITLES AND CAPTIONS

On the right side of the screen you should see the Titles viewer, a button with a capital "T" on it. This opens a selection of titles, captions, and credits that you can add on top of any existing image or video, simply by dragging and dropping. You can type your text into the box that appears on the preview window, and edit settings by double clicking the blue bar above the clip in the Project viewer.

ANIMATIONS AND VISUAL EFFECTS

The Transitions Browser can be viewed by clicking the button on the right side of the screen that looks like a box with two triangles in it, to the right of the Titles Browser button. Here you will find preset animations that take place in-between clips, drag and drop these into your Project to add some visual flair. It is good practice to limit yourself to only one or two types of transitions in a single project.

SAVE AND EXPORT VIDEO

Projects are saved automatically in the iMovie folder, and can be worked on again by going into the Project Library and selecting your project. Once you are finished with your edits and ready to turn your video in, go to the Share menu and choose the "Export Movie" option. Select the HD option on the following screen and a location to save the file. It will save with your project's name as a .m4v file. You can also export to a .mov file using the Export using Quicktime option, if you have trouble uploading the .m4v copy.

MICROSOFT MOVIE MAKER

INSTALLATION

Windows Movie Maker is a free video editing software available on Windows computers. It may already be installed on your computer by default, if not, go to the [Movie Maker download page](#) to download and install the software.

IMPORT VIDEO AND IMAGES

In the Home tab, click the Add Videos and Photos button. A dialog box should open allowing you to select files to import. Once they are imported you will see them as a timeline in the middle portion of the screen, as well as a preview viewer on the left hand side. You can use your mouse to drag and drop clips in different order.

Clicking on a clip will give you access to the Video Tools Editing tab, here you can adjust the duration of images. You can also use the Split tool to cut a video clip in half at whatever point the cursor is at in the video. Use the preview window to find the frame you wish to split at, press Split, and you will have two clips that can be worked with independently, deleted, etc.

IMPORT AUDIO

On the Home tab, you should see an Add Music button now active. Click it to add an audio file to your project. It will automatically scale the audio file to fit the length of any images/video clips you have. If your audio file is longer than the clips you'll need to increase the number or duration of the clips to match the end of your audio. For a podcast, you may find it easier to add one stock image at the beginning of the project and set the length of that image to longer than your audio. Then build your project as normal in front of that image until you reach the end of your audio, then remove the stock image at the very end.

TITLES AND CAPTIONS

On the Home Tab you should see buttons for adding Titles, Captions, and Credits. Titles and Credits will add a title or credit slide to the video, allowing you to add text over a background colour. You can change size, font, etc. in the appropriate tab that activates when you click on either. Captions allow you to add text over existing clips. You can move the text box in the preview window to better accommodate your clip.

ANIMATIONS AND VISUAL EFFECTS

These tabs allow you to edit your clips directly, adding visual filters or animation. Some particularly useful ones are the pan and zoom options for still images, to give your video a bit more flair. Transitions are placed in between clips to ease the change between them. It is good practice to only use one or two transitions in your project to keep things professional.

SAVE AND EXPORT VIDEO

You have two save options, Save Project and Save Movie. Save Project saves a file only readable by Movie Maker, and is useful to preserve your work while editing or if you need to come back and continue editing later. You will need to use the Save Movie option, which compiles the video file in a .wmv or .mpg or .mpeg file. Another option is to use the "For High Definition Display" option for an HD file.