



TITLE:

“Compressing a Video”





Helpful Hints

Basic Steps to Compressing Video

If you are unsure of how to use any of your computer's exporting capabilities, follow these steps to prepare your video for uploading to SchoolTube.

First, make sure your video is no longer than 10 minutes. If it is longer, try cutting it up into separate sections like a series.

When your final timeline is complete, go to File → Export.

There may be several choices here, either pick one of the file types found below or go to a compression program to continue.

Let's start with choosing "QuickTime Movie"

- In your video settings, make sure your compressor type is set to "H.264" and your compressor quality on "high"
- In your video size settings, set your dimensions to "320 × 240".
- In your sound settings, make sure your audio sample rate is at "44.1 kHz".
- Exit your settings menu (if necessary), name your file, and compress your video.**

If you do not have a QuickTime option, try "Mpeg4"

- Change your image size to "320 × 240".
- Make sure your audio data rate is at "128 kbps" (you don't need to change the video data rate*).
- Exit your settings menu (if necessary), name your file, and compress your video.**

**If your video file is over 100 MB, lower the number in the video data rate box.*

You could also try exporting to "WMV"

- Make your video setting "WMV 9".
- Choose "1Pass VBR" (variable bit rate) for your coding method.
- Set your video quality to "90".
- Make sure your frame size is "320 × 240".
- In your audio settings, set it to "WMA 9 Standard" with a coding method of "1 Pass CBR" (constant bit rate).
- Also set your audio to "128 kbps, 44.1 kHz".
- Exit your settings menu (if necessary), name your file, and compress your video.**

*** If you are still having trouble getting your video below 100 MB there are a couple of options for you to choose from. If you don't mind lowering the quality of your video, try changing your bit rate. The lower the bit rate the smaller the file. With Windows Media instead of bit rate it has a quality slider bar; so the lower the quality the smaller the file.*

If you would like to keep your video quality high, try splitting your timeline into multiple smaller segments. If you export your video in small sections, you can upload the video in parts like a series (for example, Frank goes to the park: Part 1, Frank goes to the park: Part 2, etc.).