What will you need? Hardware & Software Computer Apple Desktop machine or iMac • iBook , Powerbook or MacBook Pro Video Recording There is a range of possibilities for the recording, and review, of captured video... • Built in iSight Camera Digital Video Camera with appropriate cable ~ USB or Firewire Digital Still Camera with video recording capability plus cable Small tripod Software Quicktime •

- Podcast Maker
- iTunes



Built in iSight Camera



Small tripod fro camera



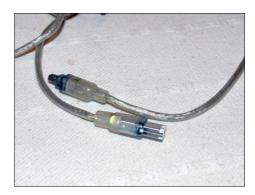
Headset



Digital Video Camera



Digital Camera with Movie Record (mic shown)



DV Cam Firewire Cable

Subject matter resources	
Storyboard or script	 What is the purpose of the vodcast? Do you know what you wish to say? Can you simply speak to your topic straight off the top of your head or will you need a set of notes, script or storyboard to guide you through the podcast? What is the duration of the vodcast? One minute or thirty minutes?
Publishing the vodcast	
Web server space	 Do you have access to a web server on which you can publish the necessary vodcast files? Do you know the ftp address of the server that you will use to publish your vodcast? Do you know the address of the exact directory on the server where you will publish your vodcast? Do you have password access to the server? Will you need technical assistance from an IT support staff member who can take care of this final process for you? Is the server at school? Is it your own server? Do you know how to obtain the subscription address of the vodcast so that you can share it with others so that they may review your vodcast?

Setting up for the recording on your Apple computer ~ getting the audio correct

1. System Preferences

It is wise to check your audio set-up before you begin working with Quicktime. This may save some troubleshooting later.

Select System Preferences... from the Apple menu.

The window illustrated will appear.

About This Mac Software Update	
Mac OS X Software	
System Preferences	
Dock	•
Location	►
Recent Items	•
Force Quit Safari	୯ଜଞ୍ଚ
Sleep	
Restart	
Shut Down	
Log Out John Larkin	企業Q

0 0		S	ystem Prefere	nces		
	Show All				Q	
Personal						
Eile New	1			3	O	9
Appearance	Dashboard & Exposé	Desktop & Screen Saver	Dock	International	Security	Spotlight
Hardware						
8	6			9		۵
Bluetooth	CDs & DVDs	Displays	Energy Saver	Keyboard & Mouse	Print & Fax	Sound
Internet &	Network					
		0	1			
.Mac	Network	QuickTime	Sharing			
System						
11		(0)	٥	?		
Accounts	Date & Time	Software Update	Speech	Startup Disk	Universal Access	
Other						
	WMV		DC			
DivX	Flip4Mac WMV	Perian	Sticky Windows			

Click on the Sound icon at the end of the listed Hardware items in the second row. The following window will appear.

0	Sc	bund	
Show All		Q	
	Sound Effects	Output Input	
Choose a device for	sound input		
Name		Port	
Internal microphone		Built-in	
Line In		Audio line-in port	
Logitech USB Headse	et	USB	
Settings for the selec	ted device:		_
Input level		0000000	
Input volume	<u>U</u> .	· · · · ·	
			?
Output volume:	-		
	🗹 Show volum	e in menu bar	

Click on the **Input** tab on the right and select the desired method for recording your audio. You have may have two or more choices. In the example below there are three choices:

Choose a device for sound in	put	
Name	Port	
Internal microphone	Built-in	
Line In	Audio line-in port	
Logitech USB Headset	USB	
L		

Internal omni-directional microphone (eg; located under left speaker grille)

Choose a device for sound in	out	
Name	Port	
Internal microphone	Built-in	
Line In	Audio line-in port	
Logitech USB Headset	USB	



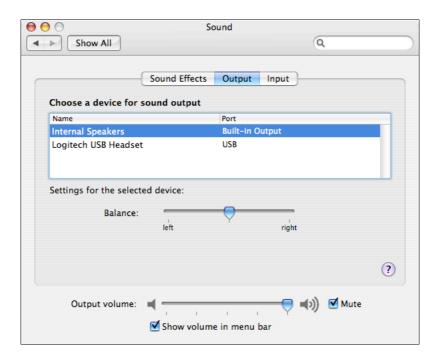
Line in \sim mini-jack stereo input jack for a stereo microphone

Name	Port	
Internal microphone	Built-in	
Line In	Audio line-in port	
Logitech USB Headset	USB	l î

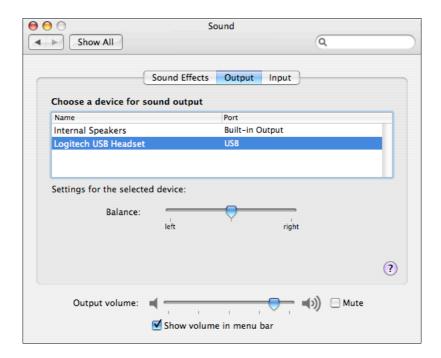


Headset input is via USB

Click on the **Output** tab in the centre and select the desired listening for your audio. In the examples illustrated below one could choose between the internal speakers or the Logitech USB headset.



Internal speakers selected



Logitech USB Headset selected

Working with Quicktime

Locate Quicktime in your Applications folder or within your Dock





Double click on the application to launch it. No windows will appear unless it is the first time that you open the application.

Setting Preferences in Quicktime

You can set Preferences in Quicktime as well. Select Preferences... from the Quicktime menu.

About QuickTime Player			
Preferences	ж,		
QuickTime Preferences.			
Registration			
Update Existing Softwar	'e		
Buy QuickTime Pro			
Services	•		
Hide QuickTime Player	жн		
Hide Others	₹₩Н		
Show All			
Quit QuickTime Player	жQ		

The window illustrated below will appear.

```
Page 5
```

$\Theta \cap \Theta$		Recording 🔘
General Full Screen	Recording	
Video	o Source:	DV-VCR
Mici	rophone:	Automatic 🛟
		Better (H.264)
		640x480 video, 128 kbps AAC audio
Save	files to:	📰 Desktop 🛟

Click on the Recording button so that you can set the appropriate video and audio input settings.

Video input

Setting the video input. If you wish to use a digital video camera take the opportunity to connect it to your Macintosh with the appropriate cable and switch it on. You can set it to Camera mode.

Select DV-VCR to use your camera.

If you have an iSight camera you can select it.

Audio input

To secure better audio quality it may be wise to utilise a headset.

Choose the audio input that suits your needs.

✓ Automatic
Built-in Input: Line In
Logitech USB Headset
Built-in Microphone: Internal microphone DV-VCR

Automatic

✓ Built-in iSight

DV-VCR

Close the window when you have completed making your settings.

Capturing your video and exporting to iPod video format

Select New Movie Recording from the File menu.

New Player	ЖN
New Movie Recording	Σ₩N
New Audio Recording	^ጊቘN
Open File	жо
Open URL	жU
Open Image Sequence	企業O
Open Recent	•
Close	ЖW
Save	ЖS
Save As	企業S
Revert to Saved	
Share	∖₩S
Export	ЖE
Page Setup	企 ℋΡ
Print	ЖP

Click on the Record button to begin your video recording.

Click on the Stop button to conclude your video recording.







http://blog.larkin.net.au/

When you stop recording the movie will open. A window like the one illustrated at right will appear.

[Hopefully the image on your video will be somewhat more attractive than the one depicted here]



Exporting your video to a format suitable for vodcasting or use on an iPod Video.

Select Export... from the File menu.

File	Edit	View	Window	Help		
Ne	New Player					
Ne	w Movi	e Recor	ding	λικ		
Ne	w Audi	o Recor	rding	^ጊቘN		
Ор	en File			жо		
Op	en URL			χU		
Op	en Ima	ge Sequ	uence	☆業O		
Op	Open Recent					
Clo	Close					
Sav	/e			жs		
Sav	e As			ዮ∺S		
Rev	ert to	Saved				
Sha	are			٦٣ЖS		
Exp	oort			ЖE		
Pag	ge Setu	p		ΰжР		
Pri	nt			ЖP		

The window at right will appear. Notice the two drop down menus at the bottom of the window. This is where you will be able to set the desired video output settings. You will normally work with the **Export** menu.

$\mathbf{O} \mathbf{O} \mathbf{O}$		Save exported file a	S
	Save As:	Movie.mov	
		Vodcast Project	¢ Q search
<u> </u>	arkin's Co tosh HD	Name	Date Modified
📰 Deskte	ор		
👚 john			
Applic			
& Music			
Picture			
Movie:			
	soft Entour		
Micros			
Adobe	Photosho		
🃁 www_1	main		
Export:	Movie to Q	uickTime Movie	Options
Use:	Most Recer	nt Settings	÷
New F	Folder		Cancel Save

Select Movie to iPod from the Export drop down menu.

Movie to 3G
Movie to Apple TV
Movie to AVI
Movie to BMP
Movie to DivX
Movie to DV Stream
Movie to FLC
Movie to Hinted Movie
Movie to Image Sequence
Movie to iPhone
Movie to iPhone (Cellular)
✓ Movie to iPod
Movie to MPEG-4
Movie to Picture
Movie to QuickTime Media Link
Movie to QuickTime Movie
Movie to Windows Media
Sound to AIFF
Sound to AU
Sound to Wave

Save the movie in an appropriate folder on your Macintosh. You can rename the movie if you wish. Notice the .**m4v** format.

Click on the Save button.

The following progress bar will appear. This process may take some time depending on the length of your video.

$\bigcirc \bigcirc \bigcirc$		Save expo	rted file as	
	Save As:	Movie.m4v		
		📁 Vodcast Proje	ct	search
	arkin's Co tosh HD	Name		Date Modified
☆ john Applic & Music				
Docun Dicture Movies Micros Micros	es s soft Entour soft Word e Photosho			
Export:	Movie to iPe	od		Options
Use:	Default Sett	ings		•
New F	older			Cancel Save
00	0	Ex	port	
Export	Movie.m4	v		
		1		8
Exportir	ng – about 1 i	minute remains		

Once the movie has completed the **Export** process **iTunes** will launch and your new movie will be listed in the Movies folder. Click on it to play the movie.

$\Theta \Theta \Theta$	iTunes	
	Movie ■ ■ ■ Q_ 0:06 -0:01 View S	iearch
LIBRARY	Name	▲ T
🞵 Music	🔲 🕄 🗹 Movie	•
Movies	✓ YouTube - David Bowie - Suffragette City	
TV Shows	YouTube – Eric Schmidt, Web 2.0 vs. Web 3.0	
Podcasts		
-	✓ YouTube - mw ✓ 20070524-730-referendum_video4	
Audiobooks	M 20070524-730-referendum_video4	
🕎 Radio		
STORE		
O Now Playing		
+ * * •	6 items, 20.5 minutes, 74.1 MB	

You can also experiment with other formats depending on your needs. Record another piece of video as above and select **Export** from the file menu.

000		Save exported file as	
	Save As:	Movie.mov	
		Vodcast Project	¢ Q search
Macin Macin Deskt john Applic Music Docur Docur Pictur Movie Micros Micros	es soft Entour soft Word Photosho	Name	Date Modified
Export:		iickTime Movie	Options
Use:	Most Recen	t Settings	•
New	Folder		Cancel Save

Select Movie To Quicktime Movie from the drop down Export menu

Movie to 3G
Movie to Apple TV
Movie to AVI
Movie to BMP
Movie to DivX
Movie to DV Stream
Movie to FLC
Movie to Hinted Movie
Movie to Image Sequence
Movie to iPhone
Movie to iPhone (Cellular)
Movie to iPod
Movie to MPEG-4
Movie to Picture
Movie to QuickTime Media Link
✓ Movie to QuickTime Movie
Movie to Windows Media
Sound to AIFF
Sound to AU
Sound to Wave

Movie Settings 🗹 Video Compression: MPEG-4 Video Quality: Medium Key frame rate: 24 Bitrate: 6400 kbits/sec Settings... Filter. Size.. Dimensions: 320x240 Allow Transcoding Sound-Format: AAC Sample rate: 22.050 kHz Channels: Mono Bit rate: 48 kbps Settings... Prepare for Internet Streaming Hinted Streaming + Settings... OK Cancel 6

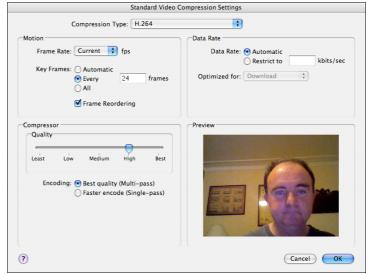
Click on the **Options** button and the window at right will appear.

Here you can alter the following settings:

- · Video compression
- Video filter
- · Video dimensions
- Sound quality
- Streaming

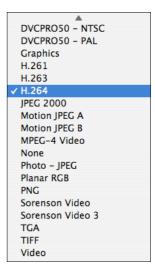
To begin, click on the Video Settings button.

In this example we will simply alter the **Compression Type**.



Select **H.264** from the **Compression Type** drop down menu.

Click OK in the Video Compression Settings Window.



Now, click on the video Size settings button.

	Movie Settings	
√ Video		
Settings	Compression: MPEG-4 Video Quality: Medium	
Filter	Key frame rate: 24 Bitrate: 6400 kbits/sec	
Size	Dimensions: 320x240	
Settings) Format: AAC		
	Sample rate: 22.050 kHz Channels: Mono Bit rate: 48 kbps	
✓ Prepare for Internet Streaming		
Hinted Streaming Settings		
	Cancel OK	

The window at right will appear

Export Size Settings		
Dimensions:	320 x 240 QVGA	
	Preserve aspect ratio using:	Letterbox *
		(if required)
	Deinterlace Source Video	
		Cancel OK

Select **320 x 240 QVGA** from the **Dimensions** drop down menu.

Click **OK** in the Size Settings window.

Current
Compressor native
160 x 120
176 x 144 QCIF
✓ 320 x 240 QVGA
352 x 288 CIF
640 x 480 VGA
768 x 576 SD
1280 x 720 HD
1920 x 1080 HD
NTSC 720 x 480 4:3
NTSC 720 x 480 16:9
NTSC 720 x 486 4:3
NTSC 720 x 486 16:9
PAL 720 x 576 4:3
PAL 720 x 576 16:9
HD 1280 x 720 16:9
HD 1440 x 1080 16:9
HD 1920 x 1080 16:9
Custom

Click on the Sound	Settings	button.
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7	Movie Settings
Video	
Settings Filter	Compression: MPEG-4 Video Quality: Medium Key frame rate: 24 Bitrate: 6400 kbits/sec
Size	Dimensions: 320x240
Settings	Format: AAC Sample rate: 22.050 kHz Channels: Mono Bit rate: 48 kbps
Prepare for Internet Streaming	
	Cancel OK

The window at right will appear. In the Sound Settings window you can alter the following parameters:

- Sound format
- Number or channels (mono, stereo, etc)
- Rate
- Quality
- Bit rate

Sound Settings		
Format:	AAC	
Channels:	Mono	
Rate:	22.050 🗼 kHz	
Show /	Advanced Settings	
Render Set	tings:	
Qua	lity: Better	
AAC Encod	ler Settings:	
Target Bit R	ate: 48 kbps	
Preview Play Source		
	Cancel OK	

Recommended
8.000
11.025
12.000
16.000
22.050
24.000
32.000

✓ 44.100 48.000

8	
16	
20	
24	
28	
32	
40	
48	
56	
64	
80	
96	
112	
128	
√ 160	
192	
224	
256	

Select AAC from the Format menu and then select 44.100 from the Rate drop down menu.

Select a bit rate of **160** from the Bit Rate drop down menu.

Once you have completed all the Sound Settings click **OK** to close the window.

You have completed all of the settings. Do they match the settings at right?

Click **OK** to close the window.

Rename the movie as appropriate and browse to an appropriate folder on your Macintosh. Click the **Save** button. The movie will be saved to that folder.

If you need to play it on an iPod as well you can open the movie using iTunes. Drag the movie onto the iTunes application icon or an opened iTunes window.

Select the movie and then select Convert Selection for iPod from the Advanced menu in iTunes. It will duplicate the movie and convert it to an iPod format.

Open Stream Subscribe to Podcast	жU	
Convert Selection for iPod		
Convert Selection for Apple	τv	
Convert ID3 Tags		
Consolidate Library		
Get Album Artwork		
Get CD Track Names		
Submit CD Track Names		
Join CD Tracks		
Deauthorize Audible Account		

	Sound Settings					
Format:	AAC 🛟					
Channels:	Mono					
Rate: 44	4.100 kHz					
hate.	Kate. 44.100					
Show Adv	Show Advanced Settings					
Render Setting	Render Settings:					
Quality	Quality: Better					
AAC Encoder Settings:						
Target Bit Rate:	: 160 🛟 kbps					
Pr	Preview Play Source					
Movie Settings						
∕ Video						
Settings	Compression: H.264 Quality: High					
Filter	Key frame rate: 24 Frame reordering: yes					
Size	Encoding mode: multi-pass Dimensions: 320x240					
Allow Trans	coding					
Sound						
Settings	Format: AAC Sample rate: 44.100 kHz Channels: Mono Bit rate: 160 kbps					
✓ Prepare for Internet Streaming						
Hinted Streaming Settings)						
	Cancel OK					

000 Save exported file as Save As: Vodcast_01.mov ÷ Q search Vodcast Project Date Modified 💻 John Larkin's Co. 🗾 Macintosh HD Movie.m4v Today 📰 Desktop ☆ john
Applications Music
 Masic
 Masi
 Masic
 Masic
 Masic
 Masi
 Ma Documents Pictures Movies Microsoft Entour. Microsoft Word Adobe Photosho. 👸 www_main Export: Movie to QuickTime Movie Options.. \$ Use: Most Recent Settings New Folder Cancel Save

Vodcasting the movie... please refer to my Podcast Maker instructions:

http://www.larkin.net.au/024_podcasting/navcon2K7/002_podcastmaker.doc