

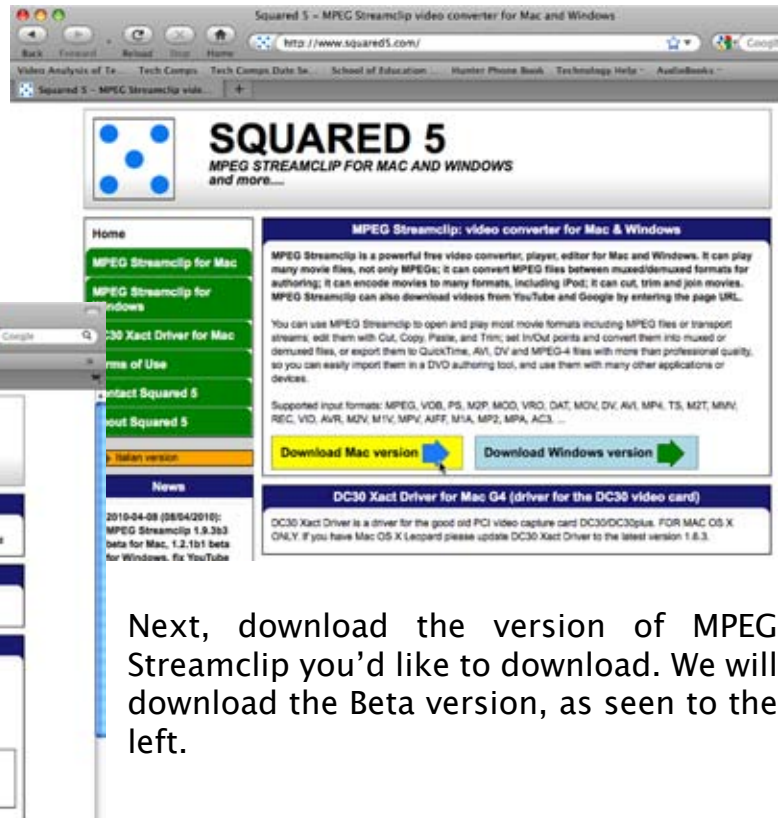
How to Re-Encode a Movie Using MPEG Streamclip

1. Download MPEG Streamclip

In order to begin editing your movie into a clip, you need to first download a movie-editing software that will export your video to MPEG-4, 320x240 and 15 frames per second. In this tutorial, we will be using MPEG Streamclip.

Go to www.squared5.com.

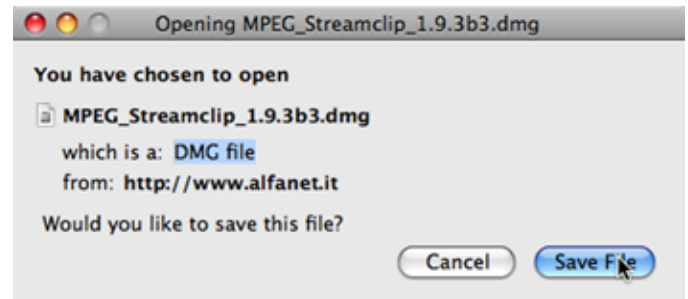
At the Squared 5 website, choose the operating system you are working on: Mac or Windows, as seen to the right.



Next, download the version of MPEG Streamclip you'd like to download. We will download the Beta version, as seen to the left.

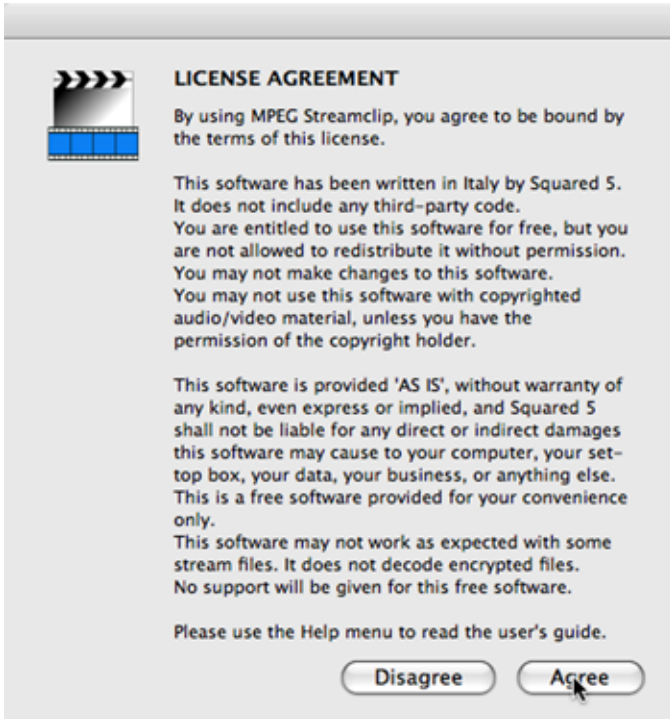
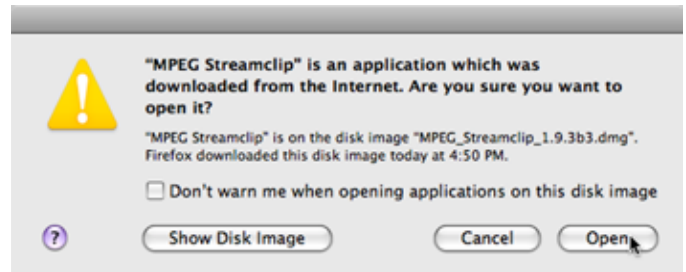
Follow the instructions on your computer to download the file. On a Mac, you'll save the DMG file. On a PC, you'll choose to Run the file.

Once your file has downloaded, you will open MPEG Streamclip and begin to edit your video.



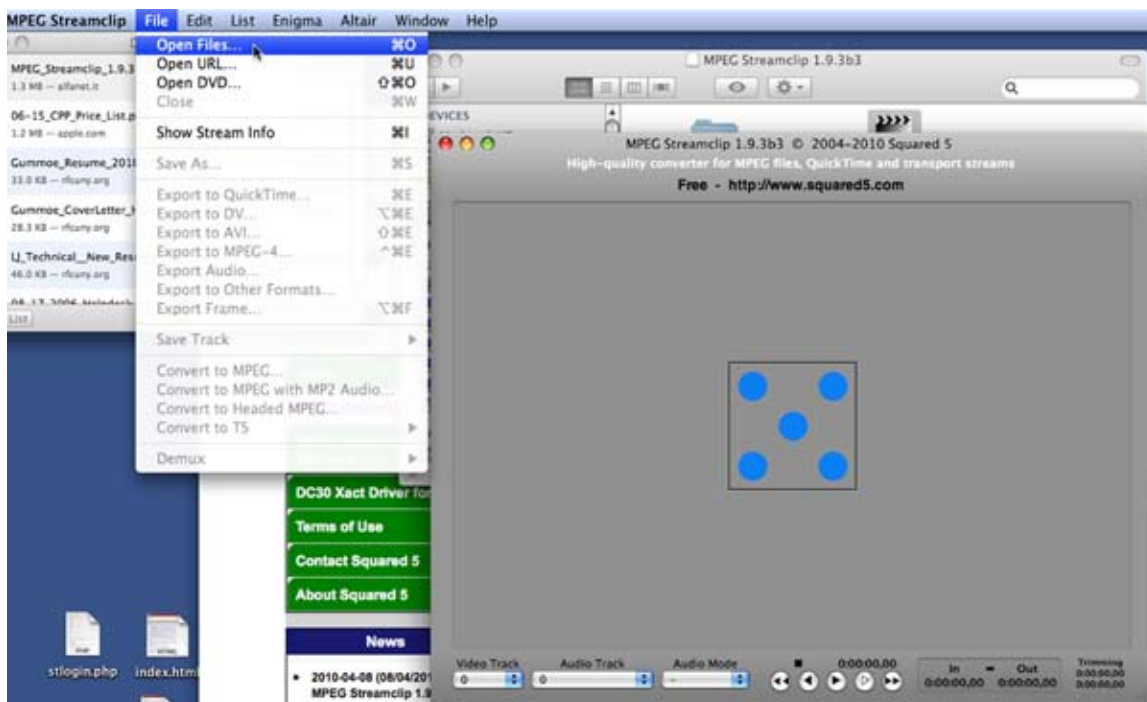
2. Open MPEG Streamclip

When you open MPEG Streamclip for the first time, your computer will ask you if you are sure you want to open the program, since it was downloaded from the web. Click Open, as seen to the right. This is a safe and reputable company.



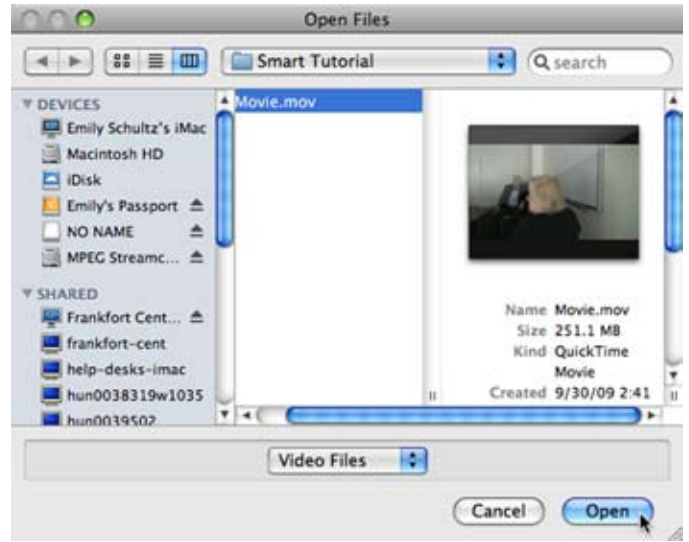
Agree to the license agreement by clicking on the Agree button, as seen to the left.

3. Open Your Video File



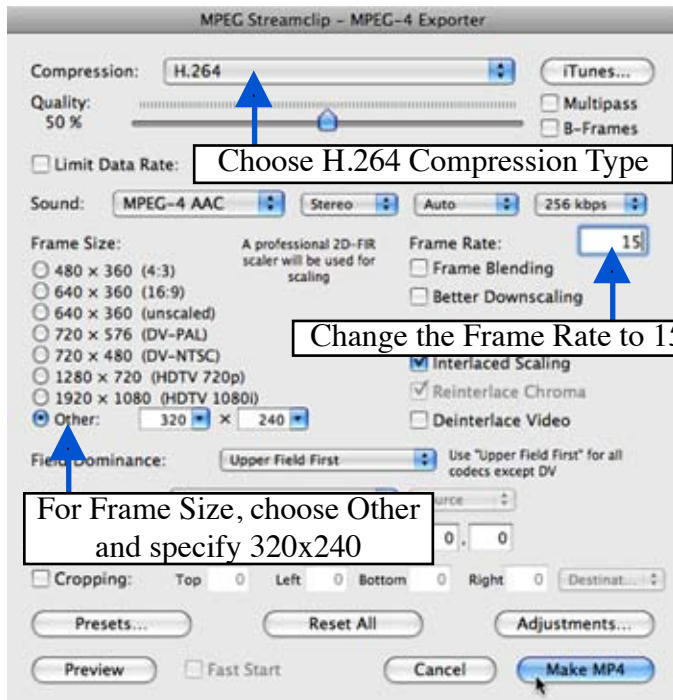
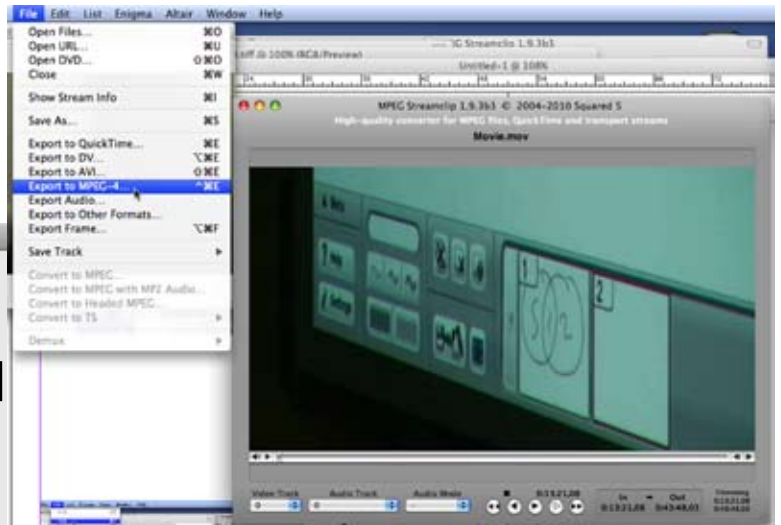
In MPEG Streamclip, go to File, Open in order to open the video file that you'll use to upload to the Video Analysis of Teaching Site.

Navigate your computer to where you've saved your lesson video. Then press Open. Your Video File will open in MPEG Streamclip, as seen below.



4. Encode Your Lesson Video

Go to File, Export to MPEG-4. This will open an options dialogue box where we can choose the appropriate selections, as seen below.



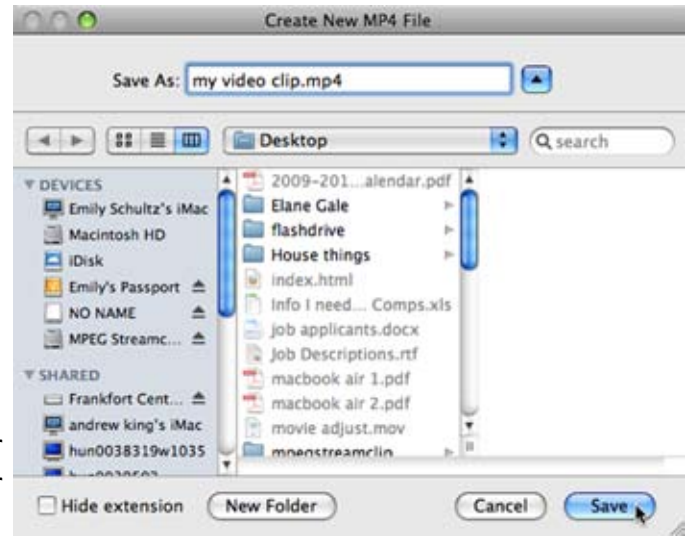
First, you will want to change the compression options to H.264 by clicking on the Compression drop-down menu.

Next, change the Frame Rate to 15.

Then, Change the Frame Size to "Other" and specify 320x240.

Finally, click on "Make MP4"

When you click on “Make MP4” a Save Dialogue Box will appear. Re-name your file and press save.



MPEG Streamclip will then begin to encode your video, as seen below. When the blue progress bar fills, you will be ready to upload your video!

