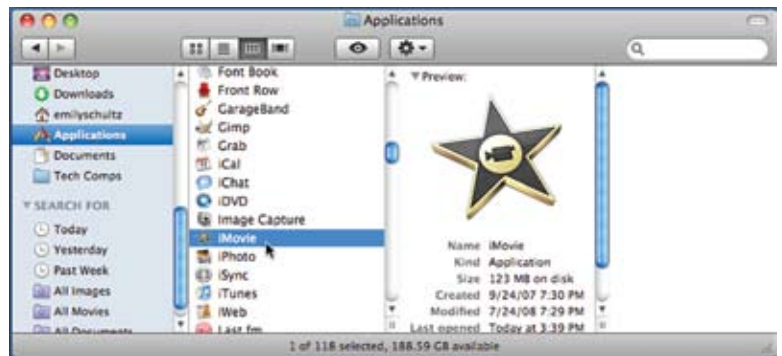


Encoding Your Video Using iMovie

I. Open iMovie

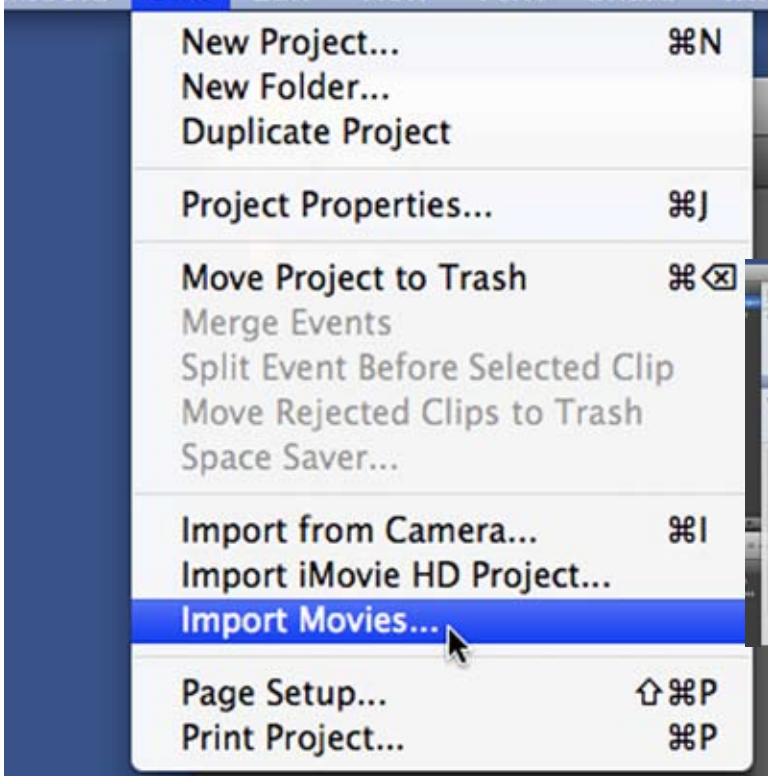
First, open iMovie. iMovie will be in the applications folder in your finder window. Click on the Finder which is the blue square with a smiling face in your dock on your computer. On the left hand side, choose the option that says applications (as seen to the right), then scroll down until you find iMovie. Double click on iMovie to open the program.



2. Import your movie to iMovie

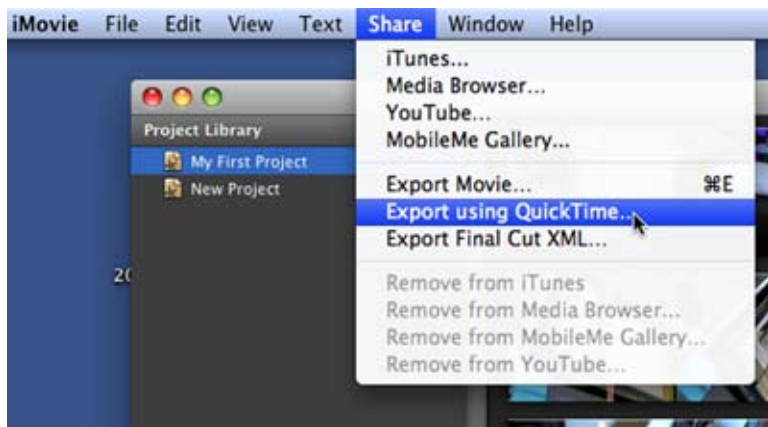
2. Import your movie to iMovie

Once you've open iMovie, go to File, then Import Movies, as seen to the left. This will open an import dialogue box, as seen below. Choose the XACTI drive, then within the two folders, choose the movie you'd like to use.



3. Using iMovie

It will take a few minutes for iMovie to import your lesson video. When it is imported, you will find it under the Event Library as the Last Import. Select your entire video by clicking and dragging the mouse over the whole video. When the video is selected, it will be outlined in yellow. Next, drag the movie to the Project Library -- i.e. the space where it says to “Drag media here to create a new project”, as seen in the image below.

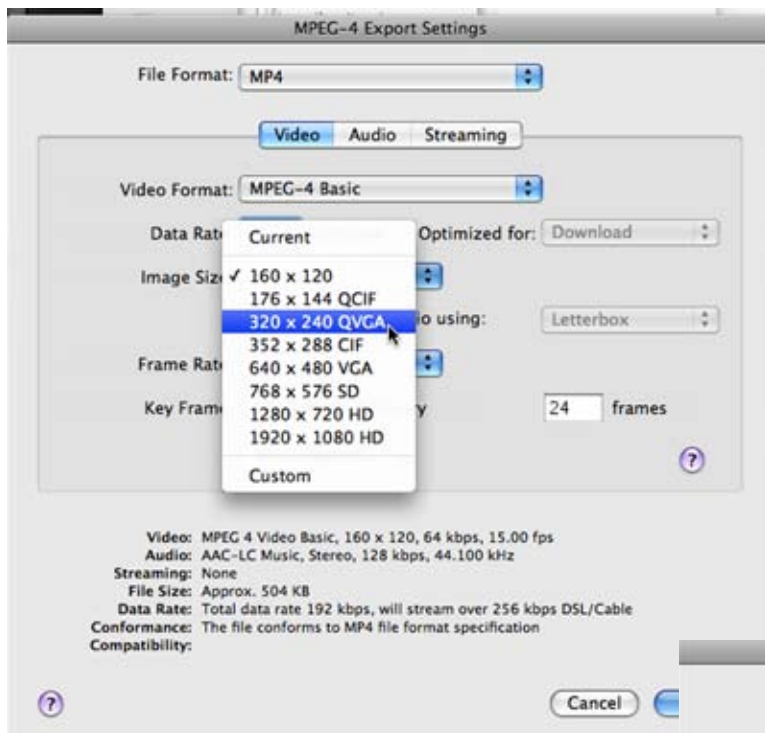


Next, with iMovie the active program, go to the “Share” menu at the top of the screen and choose “Export using QuickTime”, as seen to the image in the left.

4. Export your Movie

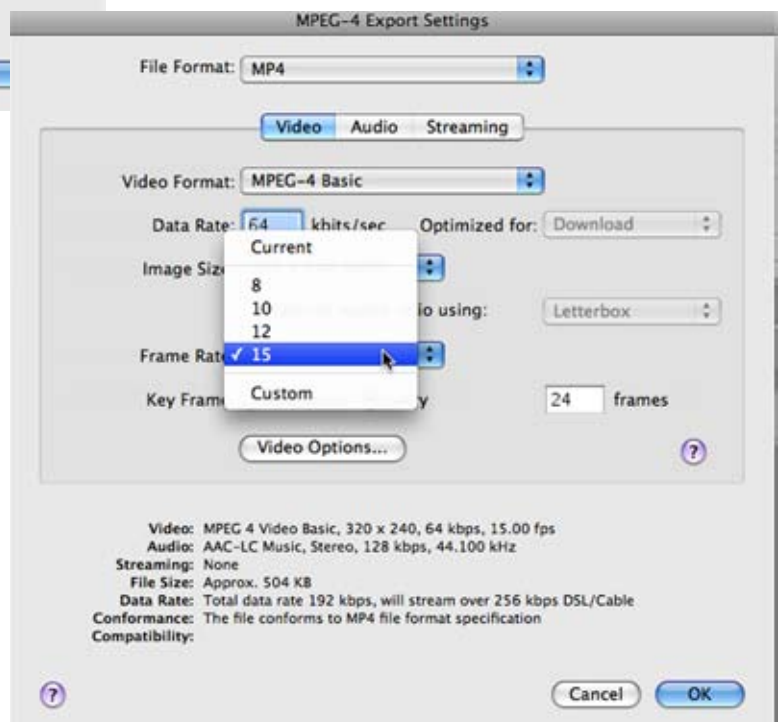
Now, an Export Dialogue box will open. In the Export dropdown menu at the bottom, choose Movie to MPEG 4, as seen to the right.

Then, choose the options button to the right of the dropdown menu.

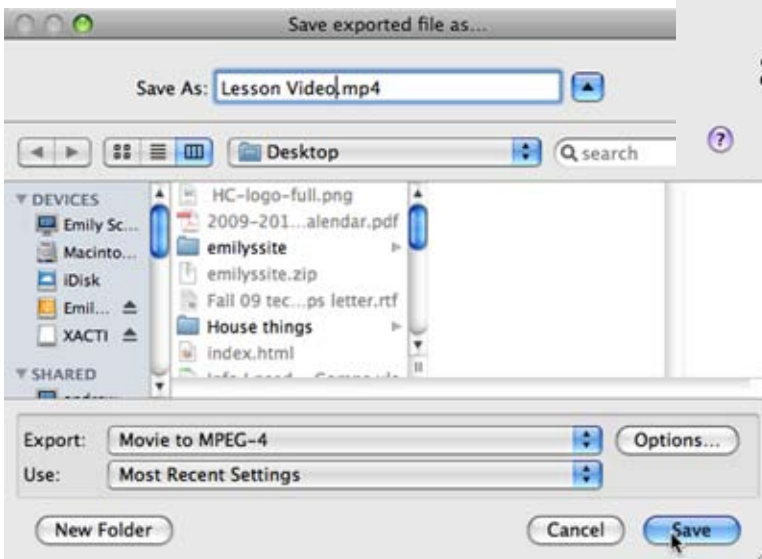
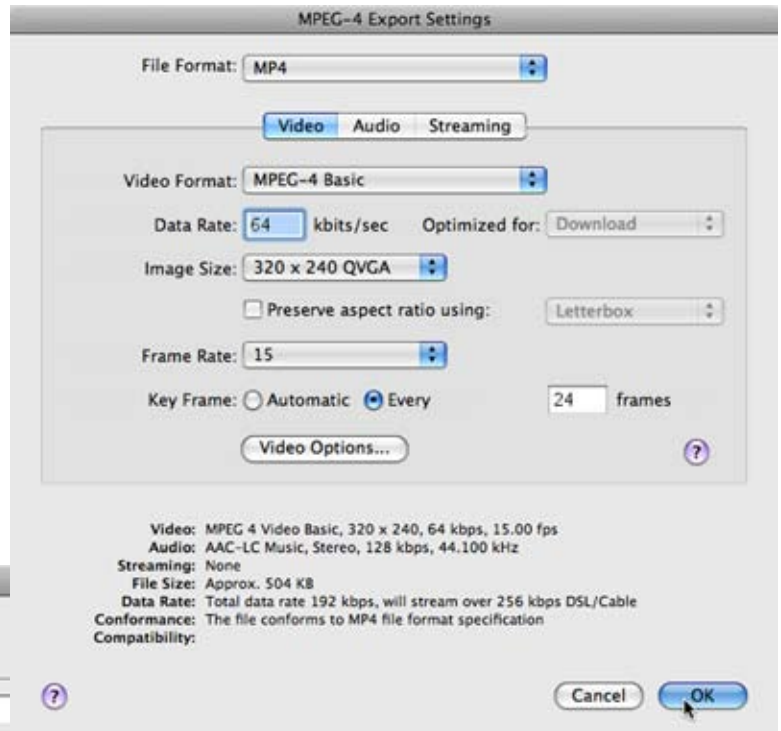


This will open an MPEG-4 Export Setting dialogue box as seen to the left. Change the image size to 320x240.

Next, change the Frame Rate to 15.



At this point, your MPEG-4 Export settings should look exactly the same as the image to the right. When you have entered these settings on your own computer, press OK, to save the settings.



Now, re-name your video in the Save Exported File As box and then choose Save. Your video will begin to re-encode as a smaller file. An exporting project bar box will open, as seen in the image below. When the file has completely exported, it will be the correct file type and size and you will be able to upload it to the VAT site.

