

Using QuickTime Pro to convert (FLV) Flash Video

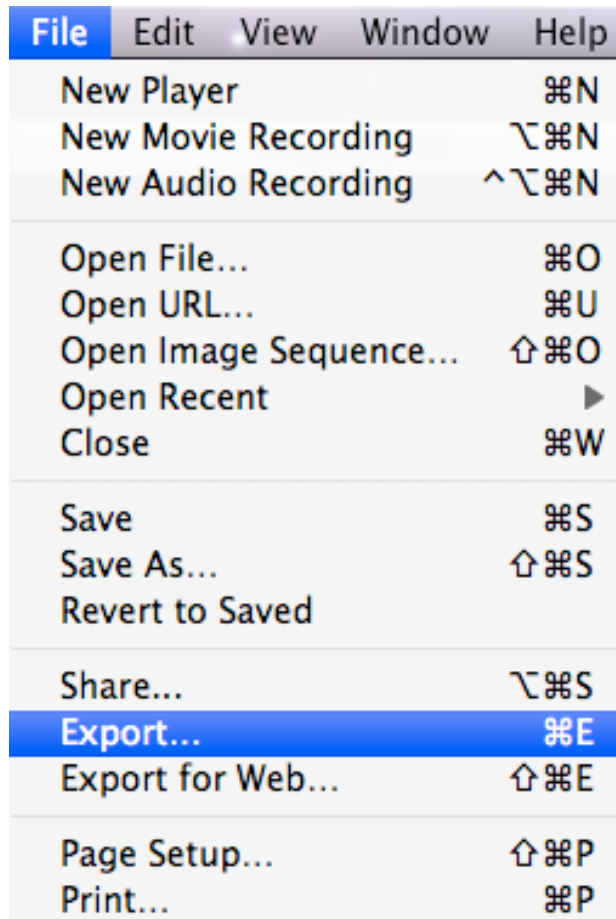
1. On a Mac open your video file by double clicking or dragging and dropping into QuickTime player.

From iMovie HD access QuickTime conversion
From 'Share' to QuickTime' then choose
'Expert Settings' (skip to step 3)

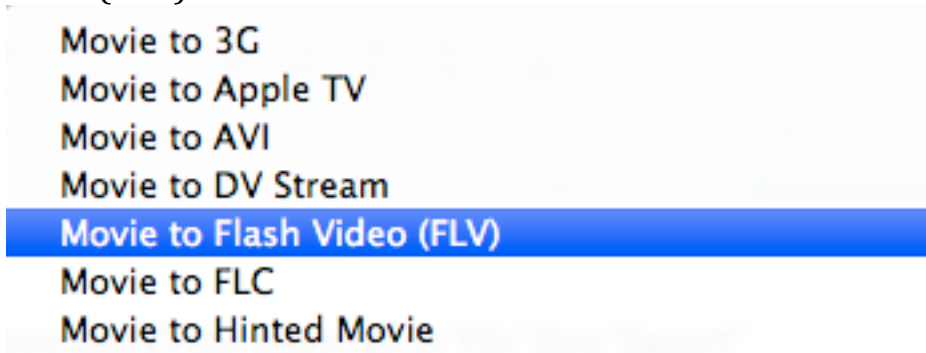


From iMovie 09 go to 'Share' to 'Export Using QuickTime' (skip to step 3)

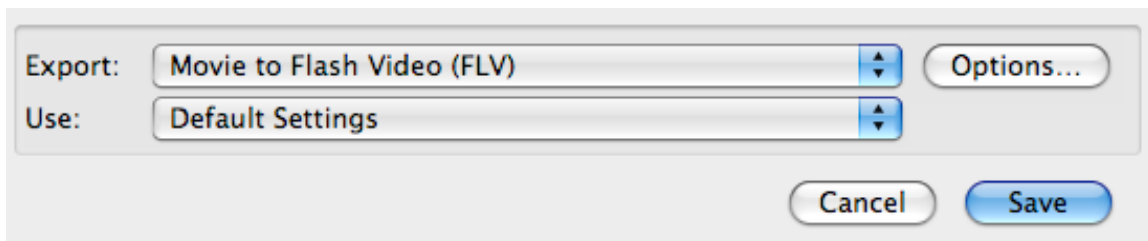
2. Once the video is open QuickTime player go to 'File' then 'Export'



3. For Flash video on the streaming server let's export to Flash Video (FLV).

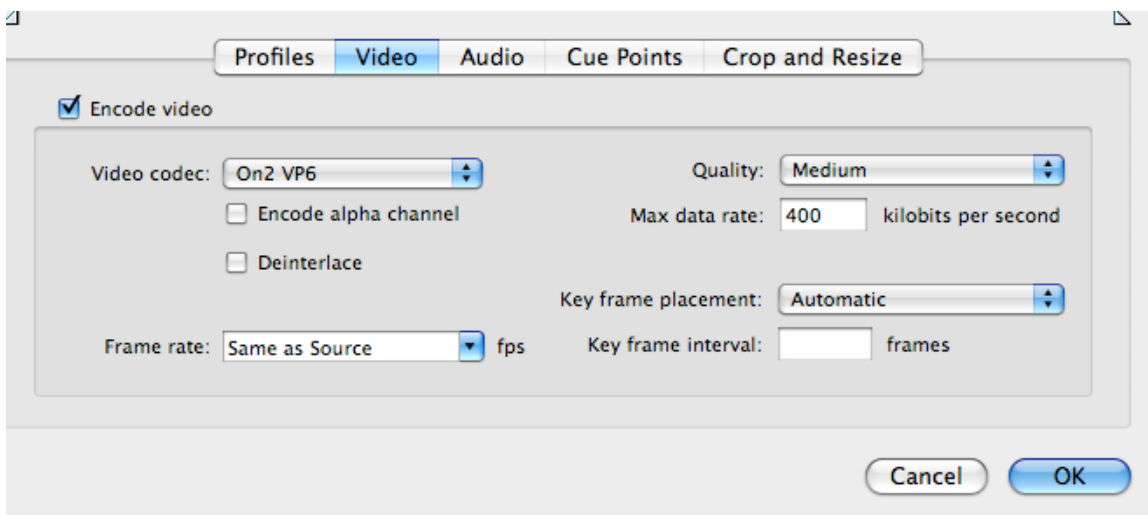


4. Click 'Options'



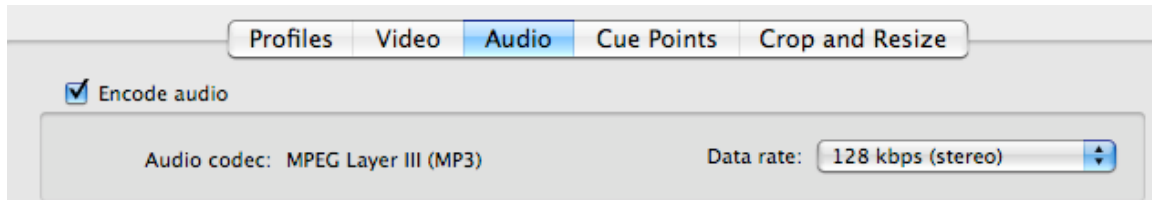
5. Under 'Video' set to encode to:

Video codec: On2 VP6
Quality: 'Medium'
Max data rate '400' kilobits per second
Key frame placement: 'Automatic'
Frame rate: 'Same as Source' fps



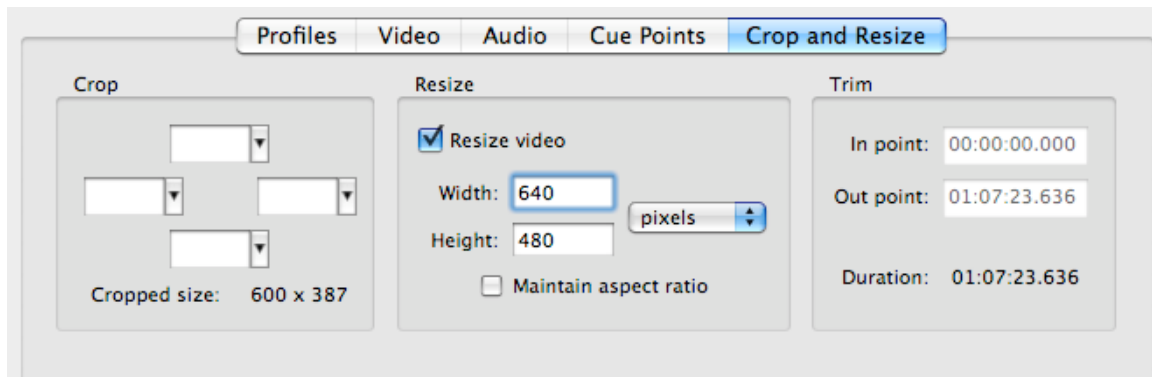
6. Under 'Audio' choose:

Data rate: 128 kbps (stereo)

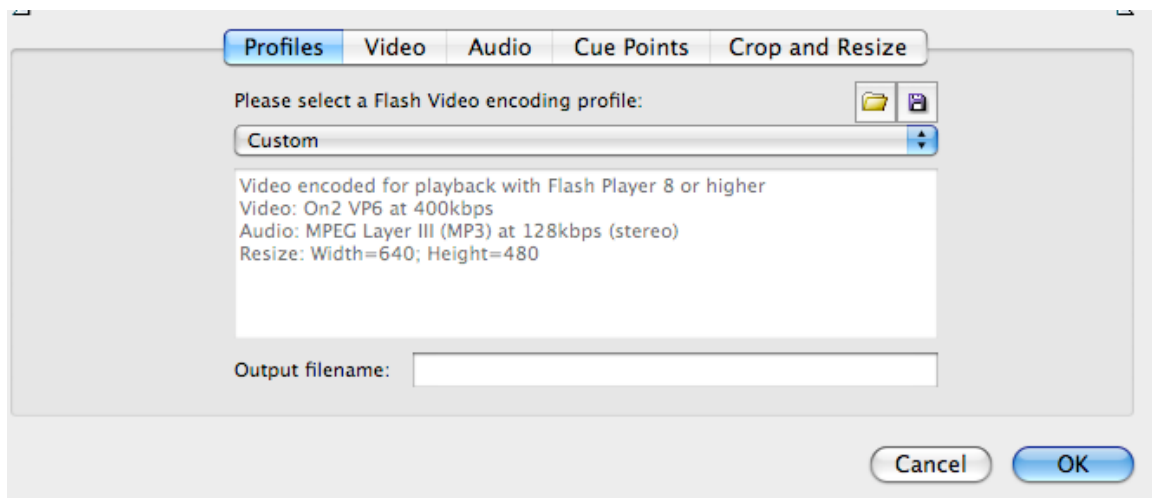


7. Under 'Crop and Resize'

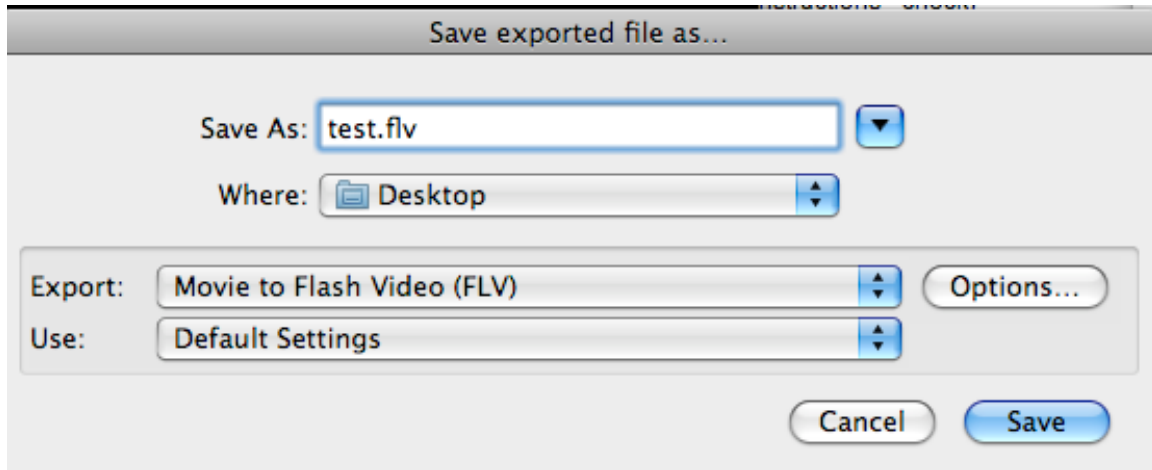
Make sure resize video is the proper resolution of your movie.
Standard definition is 640x480.



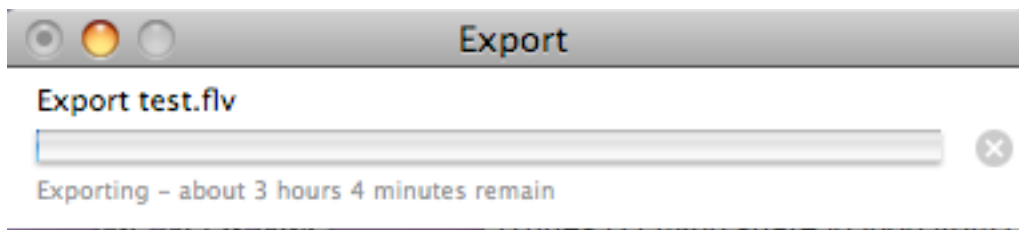
8. Confirm the setting under 'Profiles' and click 'OK'.



9. Choose a destination and 'Save' the FLV.



10. A 30 min video will take about 3 hours to encode.



11. To test the file when it's finished we'll need to open it with Dreamweaver.