To EXPORT video from Final Cut Pro X:

The settings and directions that follow provide you with an overview of how to export video in a variety of functionalities. The EASIEST way to export video is the method described on THIS page. However, please note that sometimes it is best to use the COMPRESSOR settings (explained below), especially if you want to save your video in a YouTube/iPod (low-res) format because you can save the video at even smaller image size, which translates to smaller file sizes.

But if you want to keep it simple (even though it might take you longer to export the video), you can use this method:

After completing your video, in FINAL CUT PRO X.... First, make sure that you are in the **TIMELINE** window. If you're not, the menu boxes that you'll need to "share" your video will be grayed out.

Go to FILE and then to SHARE. Then to MASTER FILE.



Once you click on **SETTINGS**, you will then see a menu that allows you to select many different formats for your video. Select the that is best for you.

Small format, for the smallest video size:

FORMAT: Web Hosting. VIDEO CODEC: H.264 Faster Encode RESOLUTION: 842X480 (Rest of stuff doesn't matter). NOTE that you can get even smaller file size by using the method described for "LOW-RES" video exporting. Info Settings Master File Format: Web Hosting • Video codec: H.264 Faster Encode • Resolution: 842 x 480 • Audio file format: QuickTime Movie (AAC) Include chapter markers Open with: QuickTime Player (default) • 00:00:31;25 QuickTime movie QuickTime Player (default) •

<u>High-Res:</u> FORMAT: Video and Audio VIDEO CODEC: Apple Pro-Res 422 RESOLUTION: Whatever your video is shot at will show under "Resolution." (Rest of the stuff doesn't matter.)

To EXPORT video from Final Cut Pro X to be Placed on YouTube (LOW-RES):

After completing your video, in FINAL CUT PRO X.... First, make sure that you are in the **TIMELINE** window. If you're not, the menu boxes that you'll need to "share" your video will be grayed out.

Go to **FILE** and then to **SHARE**.

If you want to output AND upload directly to YouTube, click on "YouTube."



03 02 - Basic Edits

Ricky Telg

🖾 852 x 486 | 29.97 fps 📣 Stereo (L R) | 48 kHz 🕒 00:00:31;25 👁 Private 📲 QuickTime movie 📑 6.3 MB est

Resolution: SD 480p (632 x 360)

Compression: Faster encode

Category: Education

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Sign In...

Then click on **SETTINGS.** Make sure that you use the **LOWEST** Resolution (SD 480p [632x360]), which will allow for you to upload the video faster.

Then click on **SIGN IN.** Click on **NEXT** (bottom right). When the next menu pops up, click on **PUBLISH.** Type in the YouTube account and password.





✓ Make this movie Private



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YouTube

If you would prefer making a low-res version of your video and NOT upload it to YouTube (at least initially) – so that you could copy it to your iPod or iPhone – then....

Go to **FILE** and then to **SHARE**. Then, go to **ADD DESTINATION.**

Once you see the menu (on the right) appear, double-click on **COMPRESSOR SETTINGS**.





You will get this menu.

Select the **APPLE** folder.



Then scroll to the **PODCASTING** folder. Open it up. Select **H.264 for Video Podcasting**.



This will add a **NEW DESTINATION** TO the list in the **SHARE**.



Click on **NEXT**, give your file a new name, and then save it to your desktop or to a folder on your desktop.

Then go back to **FILE > SHARE > H.265 for Video**

Podcasting,

Final Cut	Pro
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After the video has been made, upload it to the class YouTube account so that we all can view it.

To EXPORT video from Final Cut Pro X to be made into a DVD (HIGH-RES):

To get a high-resolution, high-definition version of your video....

Go to **FILE** and then to **SHARE**. Then, go to **ADD DESTINATION.**

Once you see the menu (on the right) appear, double-click on **COMPRESSOR SETTINGS**.



You will get this menu.

Select the APPLE folder.

Then scroll to the **ProRES** folder. Open it up.

Apple 10 Groups Custom 0 Settings

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Click on the FIRST setting – <mark>Apple</mark> <mark>ProRes 422</mark>.

• Do <u>not</u> use the other Apple ProRes 422 settings (HQ, Proxy). Use the FIRST ONE. This will add a **NEW DESTINATION** TO the list in the **SHARE**.



💿 dvd

Master File (default)

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Then go back to **FILE > SHARE > Apple Pro-Res.**

Click on **NEXT**, give your file a new name, and then save it to your desktop or to a folder on your desktop.

Then click "Next" on bottom right.

This will create a .MOV file of a <u>**HUGE**</u> size. For example, I created a 2:45 video, and it was almost 6 GIGABYTES. However, it took <u>very little time</u> to process — only 13 minutes.

Give your file a name – PREFERABLY WITH YOUR NAME IN THE FILE NAME – and save it to the desktop.

After the video has been made, insert the finished video into iDVD to make a DVD.

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To EXPORT video from Final Cut Pro X to make a STILL FRAME:

To export just one frame of video (as if you were going to use one frame for a video DVD menu)....

Go to **FILE** and then to **SHARE**. Then, go to **ADD DESTINATION**.

Once you see the menu (on the right) appear, double-click on **SAVE CURRENT FRAME**.



This will add a **NEW DESTINATION** TO the list in the **SHARE**.



Place your cursor on the image in the TIMELINE that you want to create a frame from.

Then go back to **FILE > SHARE > SAVE CURRENT FRAME**.

Choose **SETTINGS** to create the image as a **JPG**.

Then click "Next" on bottom right.

Give your file a name, and save it to the desktop.

You can use this image for a DROP ZONE in iDVD.







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