# video finger exercise



## task: video finger exercise

In this finger exercise, your job is to combine and edit several video files (some of which we'll provide, others of which you'll record), images, and audio files with the goal of creating a layered video composition.

Your composition should include

- a music track,
- a cut away,
- a title screen.
- and a transition.

The composition should be between 60 and 90 seconds in length.

## step #1: review

On your portable hard drive, you will find a folder called, "Video Finger Exercise." Inside that folder, you will find a collection of organized folders with materials that you can use in your project. Review the video, image, and audio files we have provided for you. You will notice that the video files all pertain to the topic of school. The audio files convey various moods.

#### step #2: invent and capture

Imagine an argument, a story, or a reflective essay that you could create using the materials that you've been provided. To enhance or frame your composition, you will also capture additional video and/or audio (you may also use audio from the audio finger exercise you completed). Be careful not to record too much additional material. Instead, record just enough to be able to shape or give direction to the materials you've been asked to work with.

## step #3: create and compose

On your own, drag and drop the video files you've recorded from your camera to the folder named, "Video," inside the folder, "Video Finger Exercise." Then, give each of these files a descriptive name so you know what they contain (for example: "coffee-shop-crowd" or "lunch-hour-traffic"). Think about best practices for file naming.

At this stage of the project, it's very important that you follow instructions for creating new Projects and Events. You will be directed through a tutorial that will allow you to compose a video composition and that will allow you to meet all the requirements of the finger exercise. You will also have a handout tutorial that you can refer to at a later time.

#### step #4: listen, save, export

Watch your video several times to make sure that the layers work well with one another and that you have met the assignment's requirements. Your final composition should be between 60 and 90 seconds in length, so plan to cut and edit extensively.

Now you're ready to export the video. In iMovie, click "Share" and select "File." Select the "large" option for a resolution of 960 by 540, and make sure to name the file "lastname-video-exercise" (e.g., Jane Smith would name her file "smith-video-exercise"). Save this to the "Final Video" folder, nested inside the "Video Finger Exercise" folder on your hard drive.