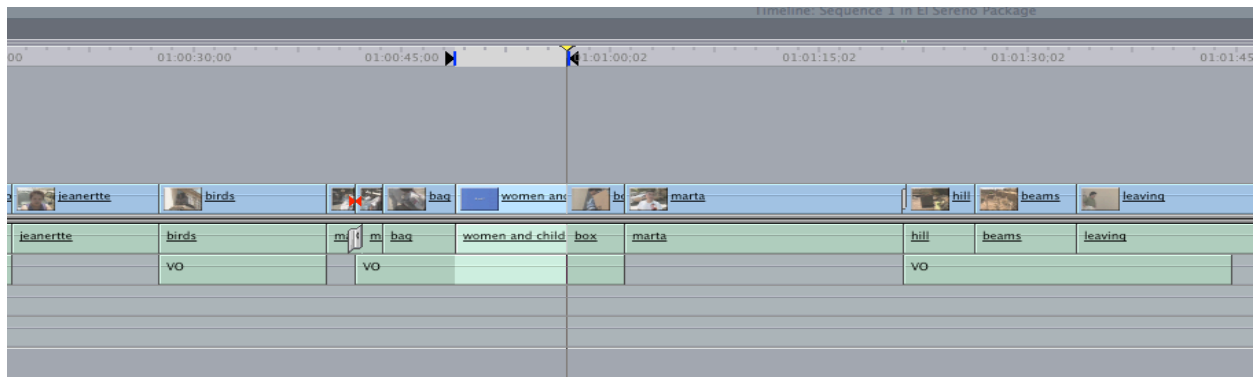


Exporting a Quicktime from Final Cut Pro

This document is step-by-step instructions on how to turn your Final Cut Pro project into a Quicktime or .mov. The procedure is called exporting and you can use the end file to upload to YouTube.

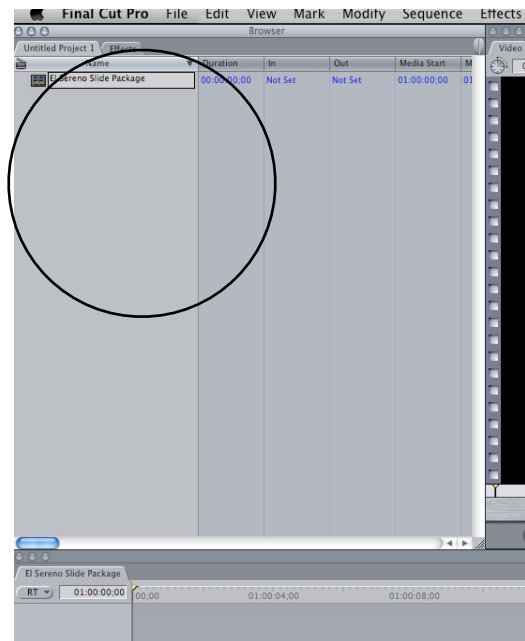
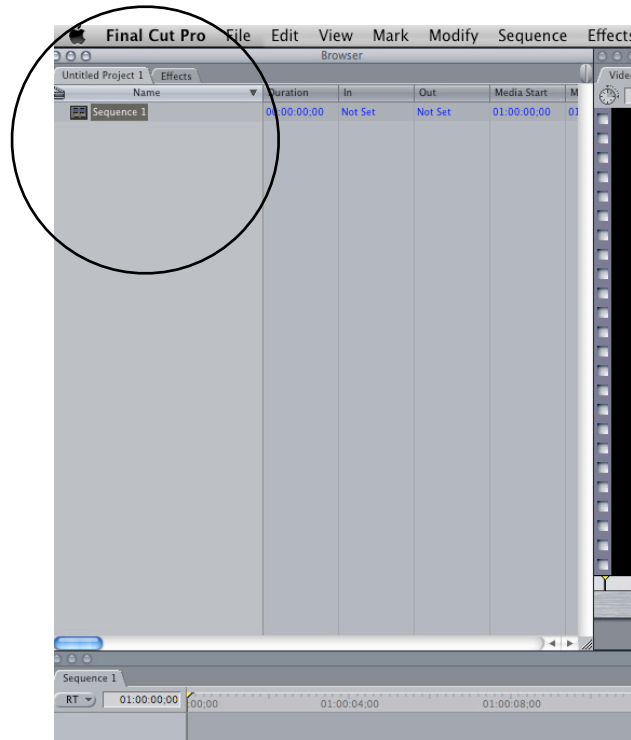
First, look in your timeline for **In Marks** and/or **Out Marks** and clear them out. Below is what a timeline with In Marks and Out Marks will look like.



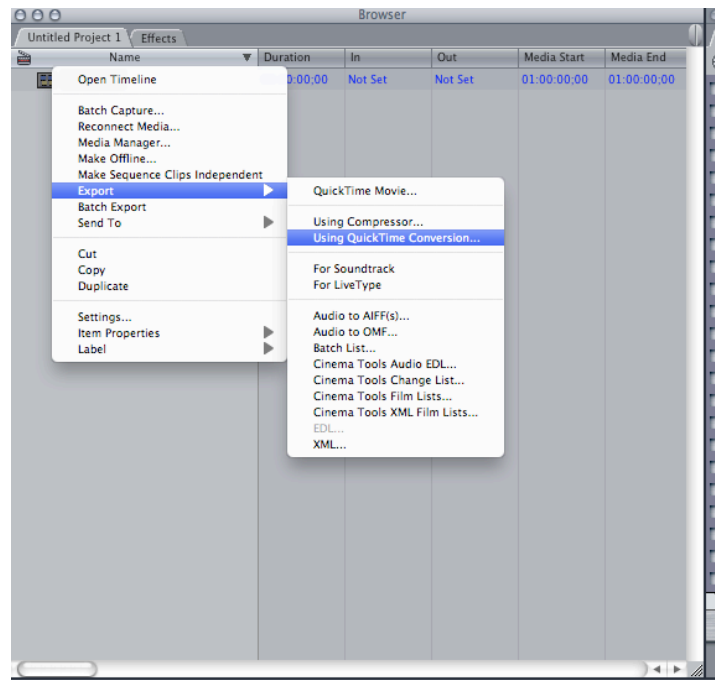
To clear these In Marks and Out Marks simply click on the Timeline activation bar to activate it, then press **Option + X** on the keyboard. This will clear out both marks. If your sequence contains marks in your timeline, it will only export what is between them.

After you have checked for marks, single click on the sequence file you want to export. This file is located in your Browser window and will be labeled "Sequence 1" (unless you previously changed the name). This file's icon will not look like the rest of the Browser files. Rename it then right click on the sequence icon.

Find the sequence you want to export and single-click it to highlight it.



Then name the file by double clicking on the actual text next to the sequence icon. NOT the icon itself. Only the text. Rename your sequence to something appropriate such as your slug.



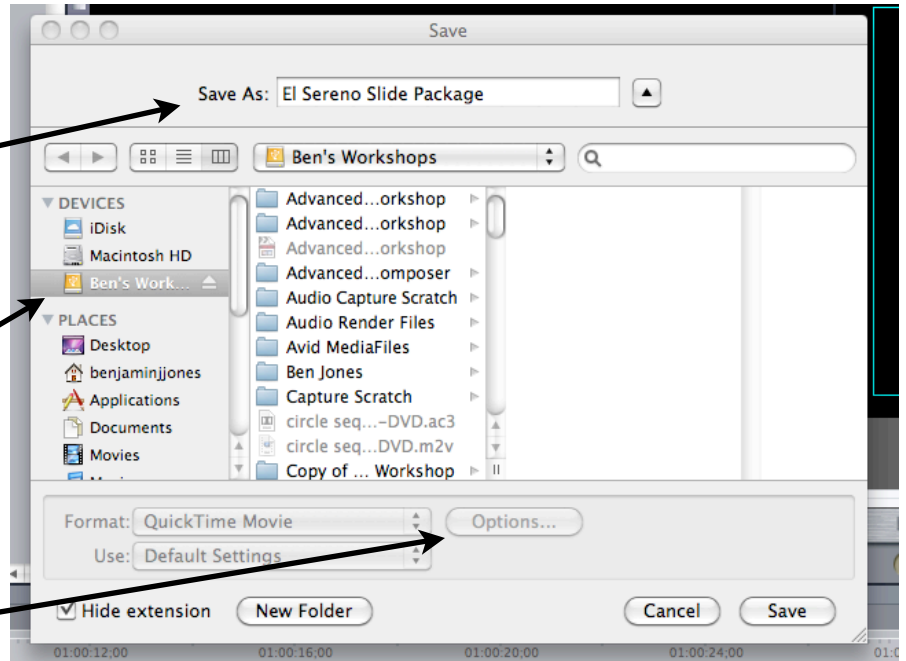
Once you have named the sequence file, reselect the "Sequence" file by single clicking on its icon on the left hand side of the name.

Then right-click on the sequence file>Export>Using Quicktime Conversion.

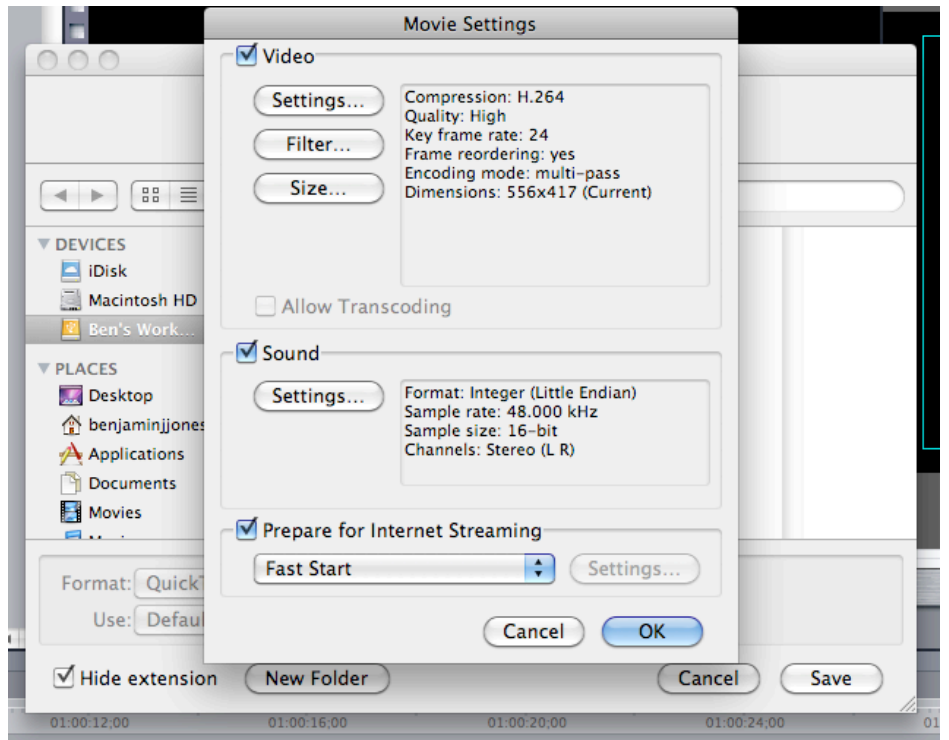
Next, the “Save As” export window will appear. Here, verify that the name displayed in the “Save As” bar is the same name you gave the “Sequence” file.

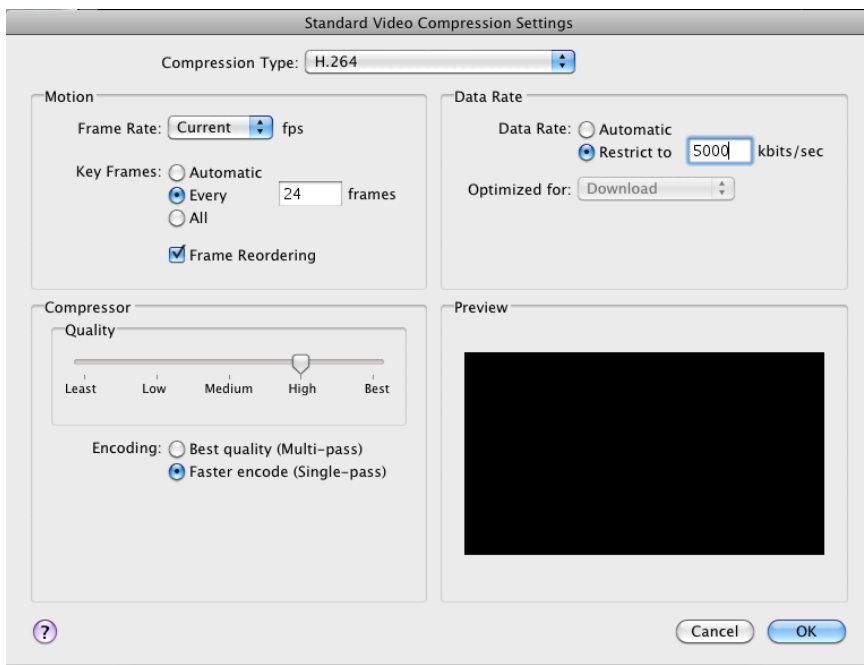
Then, select your external hard drive on the left hand column.

Lastly, click the “Options” button.



The “Options” button will bring up the “Movie Settings” window. Under Video, click on the Settings button.





In the “Standard Video Compression Settings” dialogue, make sure the Compression type is set to H.264.

Under Data Rate select “Restrict to” and type in “5000” kbits/sec. Also, make sure that the Compressor Quality is set to “High”.

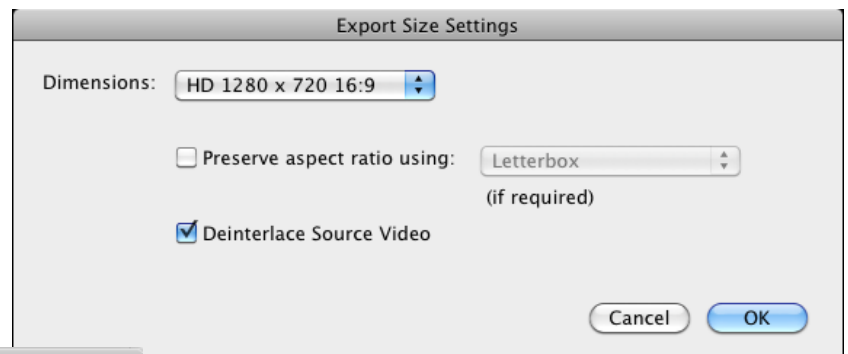
Lastly, make sure that Encoding is set to “Faster encode (Single pass)” and click OK.

In Movie settings click on *Size*.

Go to Dimensions and choose *HD 1280 x 720 16:9*.

Click on “Deinterlace Source Video”

Then click OK.

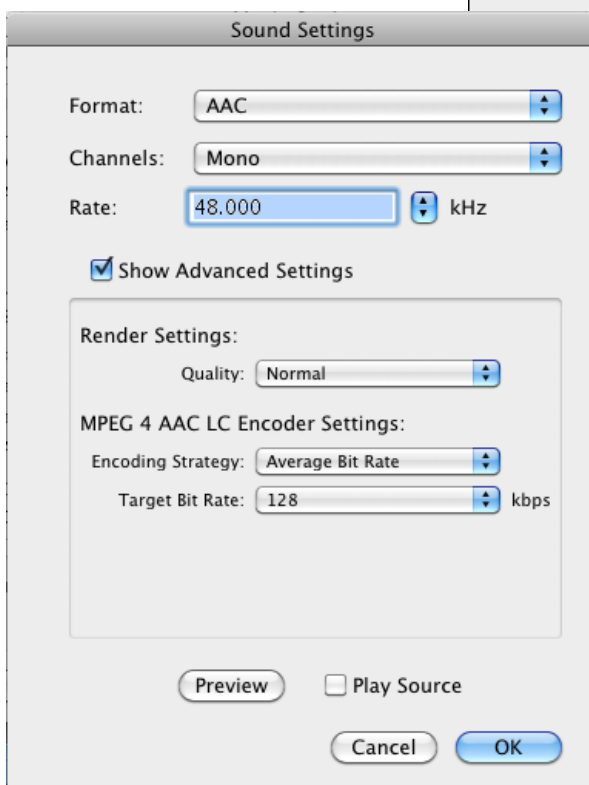


Make sure “Sound” is selected and then click on “Settings”.

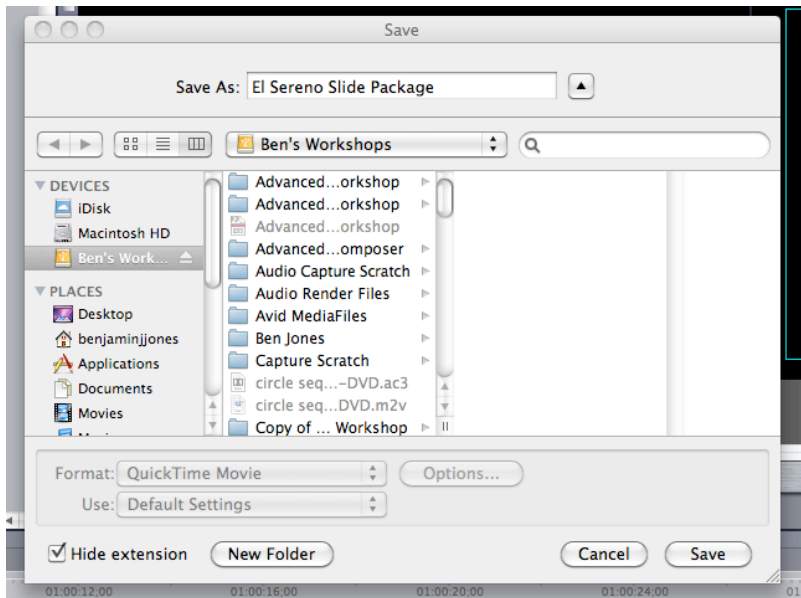
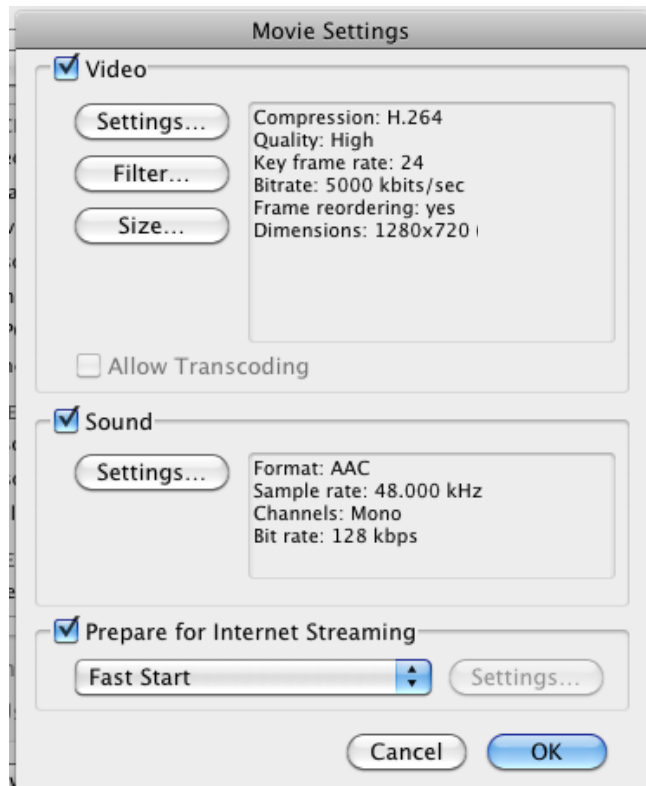
In Sound Settings, change the Format to *AAC*.
Channels = “Mono”
Rate = “48.000” kHz
Quality = “Normal”
Encoding Strategy = “Average Bit Rate”
Target Bit Rate = “128”

Confirm your settings match this picture.

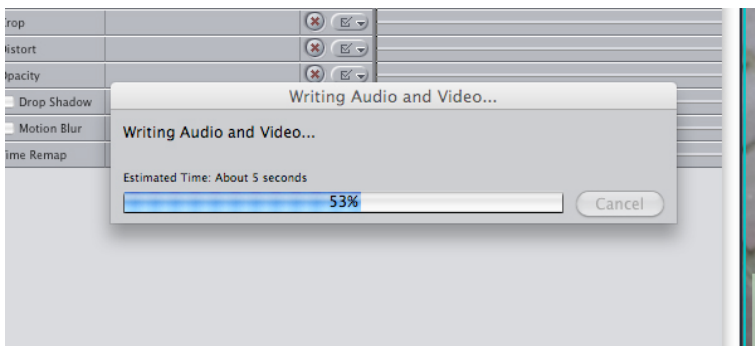
Click “OK”.



The Movie settings window should match this. If it does, click “OK”.



Click *Save* on the Save window.



When you see the “Writing Audio and Video...” bar, your export has begun.