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Final Cut Pro level 1 beginner course outline (2-day)

Introducing the Workspace

- Looking at the workspace
- Accessing all panes and palettes
- Customizing the workspace
- Finding resources for using Final Cut Pro

The Project Pane

- Importing media
- Video, video/audio, audio, stills images, layered Photoshop documents
- Acceptable file formats, missing codecs, using ".VOB" assets
- Displaying an organizing media
- Linked media, unlinked and offline assets
- Creating utility media (bars and tone, lead counter, black video, color matte, transparent video)

The Timeline/Sequence Pane

- Creating a new sequence (choosing the right video standard)
- Track headers (locking, targeting, resizing and displaying options)
- Time ruler (SMPTE time code vs. audio units)
- Keyboard shortcuts for efficient navigation
- Types of tracks

- Adding and deleting tracks

The "Canvas" Monitor

- Navigation and preview capabilities
- Editing capabilities (temporal and spatial)
- Ganging to Source and Reference Monitors

The "Viewer" Monitor

- Navigation and preview capabilities
- Editing capabilities for video and audio
- "J" and "L" cuts

The Tool Bar

- Basic edits with the Selection and Blade tool
- Ripple edit tool
- Track selection tool
- Rolling edit tool
- Slip edit tool
- Pen tool
- Zoom and Hand tools

The Effects Control Panel

- The "fixed effects" (intrinsic clip attributes)
- Adding and adjusting effects
- The importance of the stacking order
- Deleting, copying, pasting and duplicating effects
- The help of the "Canvas" Monitor

The Audio Mixer Part 1

- Track volume and panning

- Master volume, VU meters and clipped signals
- Solo, mute and record (playback and recording)s

Creating Titles

- Professional text formatting (tracking, leading and kerning)
- Lower thirds
- Rolling and scrolling titles
- Using Boris 3D

The Capture Window

- Connecting and recognizing your camera/deck
- Logging tapes and clips
- Straight capture
- Batch capture
- Scene detect

Using "Compressor"

- Exporting your final movie (sequence vs. in & out)
- Saving and duplicating in the render queue
- File formats, compression methods and codecs for DVD, Blu-ray and web

Basic Preferences

- Importing stills
- Pre and post roll
- Default transition duration

Transitions

- Video and audio transitions
- Applying and editing transitions
- Default transitions and keyboard shortcuts
- Using transitions as effects

Markers

- Types of markers
- Adding, moving removing and navigating markers
- Editing with markers to the beat of music
- Markers as notation tools

Popular Video and Audio Tricks

- Reverse motion
- Speed-up/slow-down and pitch control
- Picture-in-picture
- Split screen
- Track mattes (video inside text and shapes)
- Green screen (AKA chroma key)
- Sepia tone

Final Cut Pro level 2 advanced course outline (2-day)

Lesson 1. Working with Styles

- Creating and applying paragraph styles
- Creating and applying character styles
- Nesting character styles inside paragraph styles
- Creating and applying object styles
- Creating and applying table and cell styles
- Globally updating styles
- Loading styles from another document

Lesson 2. Importing and Modifying Graphics

- Adding graphics from other programs
- Comparing vector and bitmap graphics
- Managing links to imported files
- Updating revised graphics
- Adjusting display quality
- Working with clipping paths
- Working with alpha channels
- Importing native Adobe graphics files
- Using a library to manage objects
- Using Adobe Bridge to import graphics

Lesson 3. Creating Tables

- Converting text to a table
- Formatting a table
- Creating a header row
- Adding graphics to table cells
- Creating and applying table and cell styles

Lesson 4. Working with Transparency

- Importing and colorizing a grayscale image
- Applying transparency settings
- Adjusting transparency settings for EPS images
- Adding transparency effects
- Importing and adjusting Illustrator files that use transparency
- Applying transparency settings to text
- Working with effects

Lesson 5. Output and Exporting

- Preflighting files
- Packaging files
- Creating an Adobe PDF proof
- Previewing separations
- Previewing how transparency effects will be flattened
- Previewing the page
- Printing a laser or inkjet proof
- Using the Ink Manager

Lesson 6. Creating Rich Interactive Documents

- Setting up an online document
- Adding buttons, page transitions, and hyperlinks
- Exporting as Flash Player (SWF)
- Exporting as Adobe PDF (Interactive)
- Converting a print document for online use
- Adding advanced interactivity, animation, and video

Lesson 7. Working with Long Documents

- Starting a book
- Creating a running footer
- Adding a footnote
- Adding a cross-reference
- Synchronizing a book
- Generating a table of contents
- Indexing a book

END