

## EXPORTING YOUR PROJECT TO QT MOVIE FORMAT

1. Begin by Mixing Down your Audio (**Sequence > Render Only > Audio Mixdown**) and Rendering the Effects on your Timeline (**Sequence > Render All > Both**). Then **Save** your project.

**Mixdown Audio** puts all of your audio onto two stereo tracks, along with filters, levels, transitions, and pan settings, and processes your audio into a set of render files. You do not lose your separate audio tracks during mixdown. Mixing down your audio assures that you do not lose frames during playback/out to video.

**To Mixdown your audio:**

**Sequence > Render Only > Mixdown Audio**

**To render effects on a sequence:**

First, **Select** the **Sequence** and **Save it**.

Then render all effects: **Sequence > Render > Render All > Both** – this option renders everything in entire sequence. Keep in mind that Final Cut occasionally un-renders a previously rendered clip, so play it safe and **Render All** before you go out to tape. **Save** your project again.

2. Now the project in your Timeline is ready to be **Exported as a QT movie** file.

**To export:**

First **Select Export Options**

**File > Export > Using QuickTime Conversion . . .**

**Format** (Format menu at bottom of window) > **Options > Video > Settings >**

**Compression Type: Apple Pro Res 422 (HQ) > OK**

**Size** (in same window) > **HD 1920 x 1080 16:9 > OK**

**Sound > Settings >** (should automatically be... ) **Sample rate: 48.000 kHz** and

**Sample size: 16-bit** and **Channels: Stereo (L,R)**

**Uncheck: “Prepare for Internet Streaming”**

Hit **OK**

**Save As:** Name your file here and make sure it’s going into the folder you want it to go. This is most likely your project folder.

Hit **Save** and wait for FCP to create your QT movie file.

3. **IMPORTANT:** Don’t wait for the last minute to do this. Depending on your media, the types of shots, the length of your video, number of edits, kinds of transitions, effects, and audio, it could take a while – half an hour or more – for Final Cut to create a QT movie from your project.