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Apple Pro Training Series: Final Cut Pro 5
By Diana Weynand
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Publisher: **Peachpit Press**
Pub Date: **August 05, 2005**
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Pages: **656**

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Overview

The scalability, performance and Emmy Award-winning workflow of Final Cut Pro 5 make it the first choice of professional editors everywhere. For those clamoring to get in on the action, this best-selling volume uses a series of class-length lessons designed to provide a strong foundation in all aspects of the digital video editing powerhouse. Readers follow the step-by-step instructions to complete the book's hands-on exercises, using the project files on the accompanying DVD. Master teacher Diana Weynand covers everything from basic editing skills to complex topics such as creating transitions and motion effects, real-time color correcting, titling techniques, and more. Previously published as Final Cut Pro HD, this revision has been updated to cover all of Final Cut Pro 5's new features, including higher quality effects, RT Extreme with Dynamic RT, editing multi-camera projects, closer integration with Apple's other creative tools and more.

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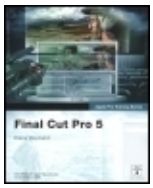

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Dedication

To Barry Clark, thank you for saying yes twice.

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To those who provided the exceptional footage for this book, you have my deepest gratitude. A huge thank you to Barry Clark and Scott Garen for letting me use the actual media files from their dramatic film, A Thousand Roads, and to Elizabeth Duggal at the Smithsonian's National Museum of the American Indian for supporting their decision. Their footage brings extraordinary beauty to the exercises in this book. Thank you as well to Michael Bryant and Perry Karidis for the use of their daring and adventurous motocross documentary footage, and last but certainly not least, many thanks to the All Hours band Gilly Leads, Dean Moore, Nick Burns, and Amit LeRon for their hard work at The Viper Room during the shooting of the music video; their manager, Jodi Chall; Al Cafaro of Hybrid Recordings; and Lauren Haber at BMG for allowing me to use an excerpt from "Box Office Stud" for the multicam lesson.

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Getting Started

Welcome to the official Apple Pro Training Series course for Final Cut Pro 5, Apple's dynamic and powerful nonlinear editing package. This book is a comprehensive guide to the Final Cut Pro application and uses real-world footage in both NTSC and PAL to show the many uses of the application.

In addition to the lessons contained in this book, the accompanying DVD contains an introduction to LiveType, the 32-bit animated titling application that comes bundled with Final Cut Pro along with Cinema Tools and Compressor.

Whether you're a seasoned veteran or just getting started in the editing field, Final Cut Pro 5 can serve all your editing needs. So let's get started.

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The Methodology

This book is first and foremost a hands-on course. Every exercise in this book is designed to help you begin editing in Final Cut Pro at a professional level as quickly as possible. Each lesson builds on the previous lesson and continues to step you up through the program's functions and capabilities. If you are new to Final Cut Pro, start at the beginning, and progress through each lesson in order. If you are familiar with an earlier version of Final Cut Pro, you can pop into a specific section and focus on that topic, since every lesson is self-contained.

Course Structure

This book is designed to get you up and running with the basic Final Cut Pro editing and trimming functions first, then give you a broader understanding of how to customize and use the program for your own purposes, and finally to immerse you in the more advanced features of Final Cut Pro effects, titling, and output. The lessons fall into the following categories:

- Lessons 1–7: Basic editing and trimming
- Lessons 8–9: Customizing and capturing
- Lessons 10–13: Video and audio effects and audio mixing
- Lesson 14: Multicam editing
- Lessons 15–16: Titling and final outputting

Each lesson begins with a "Preparing the Project" section, which shows you what you will create in that lesson. In addition to the exercises contained within each lesson, most lessons include a section called "Project Practice," which gives you an opportunity to stop and practice what you've learned before moving on to new material.

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Using the DVD Book Files

Apple Pro Training Series: Final Cut Pro 5 comes with a DVD containing the files you will use for each lesson (called project files) as well as files containing sound and visual media (called media files). Each lesson has its own project file. In the Media folder, you will find three primary audio/video media file folders titled A Thousand Roads, Motocross, and Music Video. (You can read more detail about this footage in the next section.) The Exports and Graphics folders are used for specific lessons only. Once you load the files onto your hard drive, each lesson in the book will guide you in the use of all of the project and media files.

To Install the Final Cut Pro 5 Lesson Files

The Apple Pro Training Series: Final Cut Pro 5 DVD-ROM includes a folder titled FCP5 Book Files, which contains two subfolders: Lessons and Media. These folders hold the lessons and media files you will need for this course. Make sure you keep these two folders together in the FCP 5 Book Files folder. If you keep them together on your hard drive, you should be able to maintain the original link between the lessons and media files.

1. Insert the Apple Pro Training Series: Final Cut Pro 5 DVD into your CD-DVD drive.
2. Drag the FCP5 Book Files folder from the DVD to your hard drive to copy it. The Media folder contains about 7.75 GB of media.

To begin the course, you will open a project file after you have launched Final Cut Pro.

Reconnecting Media

In the process of copying the media from the DVD in this book, you may break a link between the project file and the media file. If this happens, a window appears asking you to reconnect the project files. Reconnecting the project files is a simple process that's covered in more depth in Lesson 16, in the section on reconnecting media. But should this happen when opening a lesson, just follow these steps:

1. If an Offline Files window appears, click the Reconnect button.

A Reconnect Files window appears. Under the Files To Connect portion of the window, the offline file is listed along with its expected location.

2. In the Reconnect Files window, click Search.

Final Cut Pro will search for the missing file. If you know where the file is located, you can click the Locate button to find the file manually.

3. After the file is found and displayed in the Files Located section of the Reconnect Files window, click Connect.

With the link reestablished between the project file and the media file, Final Cut Pro will be able to play the media within the project.

Changing System Preferences

A few editing functions within Final Cut Pro use the same function keys used by other programs, such as Exposé and the Dashboard. If you think you would like to use the FCP editing shortcuts, you will need to reassign these functions keys.

1. From your Desktop, launch System Preferences.
2. Under the Personal section, click the Dashboard & Exposé icon.
3. Reassign the shortcuts for these functions to keys other than F9, F10, F11, and F12, which will be used during the course of these lessons.

As you begin to work with Final Cut Pro and discover the different approaches you can use for each function, you can always come back and change these options in your System Preferences.

About the Footage

There are three sets of footage used throughout this book, each representing a very different type of project.

Smithsonian's National Museum of the American Indian: A Thousand Roads (NTSC) The first set of footage with which you will work is from the film, A Thousand Roads, the signature film of the Smithsonian's National Museum of the American Indian. This film was brought to life by executive producer W. Richard West, Jr. (Southern Cheyenne), producers Barry Clark and Scott Garen, director Chris Eyre (Cheyenne/Arapaho), writers Scott Garen and Joy Harjo (Muscogee), director of photography Claudio Miranda, editor Harry Miller, III, and American Indian poet, activist, and performer John Trudell, who provided the voice-over narration.

This dramatic film was shot on super 35mm, transferred to HD, and then to DV for offline editing. The footage in this book is the original DV media that was used in the actual offline editing process. As with many film projects, you will see numbers burned into the offline images for reference. All editing decisions were then applied to the super 35mm film, and the final film was digitized. A Thousand Roads represents the first U.S. public exhibition of a motion picture that has been produced and displayed in accordance with the newly established guidelines of the Digital Cinema Initiative (DCI), a consortium of seven major Hollywood studios that established standards for the digital display of motion pictures.

Motocross Footage (NTSC) The second set of media is motocross racing footage, produced and directed by Michael Bryant and Perry Karidis of State of Mind Productions. This footage is being used for a behind-the-scenes documentary sports series on motocross racing.

The production crew followed the Yamaha of Troy racing team, based in Dayton, Ohio, to several motocross races and shot the action using Sony PDW-530 XDCAM cameras, which record to an optical disk rather than videotape. These cameras can record at different speeds, each yielding a different quality, such as DVCAM (25 megabits per second, or Mbps), and MPEG IMX quality at 30, 40, and 50 Mbps. For this project, the producers chose to shoot in the highest quality (50 Mbps), but did their preliminary editing in the DV format, which is the format included in this book. Final Cut Pro 5 captured the media directly from the Sony PDW-V1 optical disk player using the AJA Io capture card via the SDI input.

All Hours Music Video (PAL) The third set of media is from a music video of the song, "Box Office Stud," written by Gilly Leads and performed by his Los Angeles based band, All Hours. The song is from their premiere CD, In Flagrante Delicto (Hybrid Recordings), available from the iTunes Apple Music Store. This video was shot at The Viper Room in Los Angeles with band members Gilly Leads (lead singer and guitar), Dean Moore (bass), Nick Burns (drums), and Amit LeRon (lead guitar). The music video was shot using the HDV format by Perry Karidis and Mike Pescasio. It was directed by Diana Weynand and produced by Weynand Training International. For the purposes of this book, some of the footage was transferred to DV-PAL Anamorphic to be used in Lesson 14.

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System Requirements

Before beginning to use Apple Pro Training Series: Final Cut Pro 5, you should have a working knowledge of your computer and its operating system. Make sure that you know how to use the mouse and standard menus and commands and also how to open, save, and close files. If you need to review these techniques, see the printed or online documentation included with your system. For the basic system requirements for Final Cut Pro 5, please refer to the Final Cut Pro documentation.

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About the Apple Pro Training Series

Apple Pro Training Series: Final Cut Pro 5 is part of the official training series for Apple Pro applications developed by experts in the field. The lessons are designed to let you learn at your own pace. If you're new to Final Cut Pro, you'll learn the fundamental concepts and features you'll need to master the program. If you've been using Final Cut Pro for a while, you'll find that this book covers most of the new features found in Final Cut Pro 5.

Although each lesson provides step-by-step instructions for creating specific projects, there's room for exploration and experimentation. However, try to follow the book from start to finish, or at least complete the first seven chapters before jumping around. Each lesson concludes with a review section summarizing what you've covered.

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Apple Pro Certification Program

The Apple Pro Training and Certification Programs are designed to keep you at the forefront of Apple's digital media technology while giving you a competitive edge in today's ever-changing job market. Whether you're an editor, graphic designer, sound designer, special effects artist, or teacher, these training tools are meant to help you expand your skills.

Upon completing the course material in this book, you can become an Apple Pro by taking the certification exam at an Apple Authorized Training Center. Certification is offered in Final Cut Pro 5, DVD Studio Pro 4, Shake 4, and Logic Pro 7. Certification as an Apple Pro gives you official recognition of your knowledge of Apple's professional applications while allowing you to market yourself to employers and clients as a skilled, pro-level user of Apple products.

To find an Authorized Training Center near you, go to www.apple.com/software/pro/training.

For those who prefer to learn in an instructor-led setting, Apple also offers training courses at Apple Authorized Training Centers worldwide. These courses, which use the Apple Pro Training Series books as their curriculum, are taught by Apple Certified Trainers and balance concepts and lectures with hands-on labs and exercises. Apple Authorized Training Centers for Pro products have been carefully selected and have met Apple's highest standards in all areas, including facilities, instructors, course delivery, and infrastructure. The goal of the program is to offer Apple customers, from beginners to the most seasoned professionals, the highest quality training experience.

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Resources

Apple Pro Training Series: Final Cut Pro 5 is not intended as a comprehensive reference manual, nor does it replace the documentation that comes with the application. For comprehensive information about program features, refer to these resources:

- The Reference Guide. Accessed through the Final Cut Pro Help menu, the Reference Guide contains a complete description of all features.

- Apple's Web site: www.apple.com

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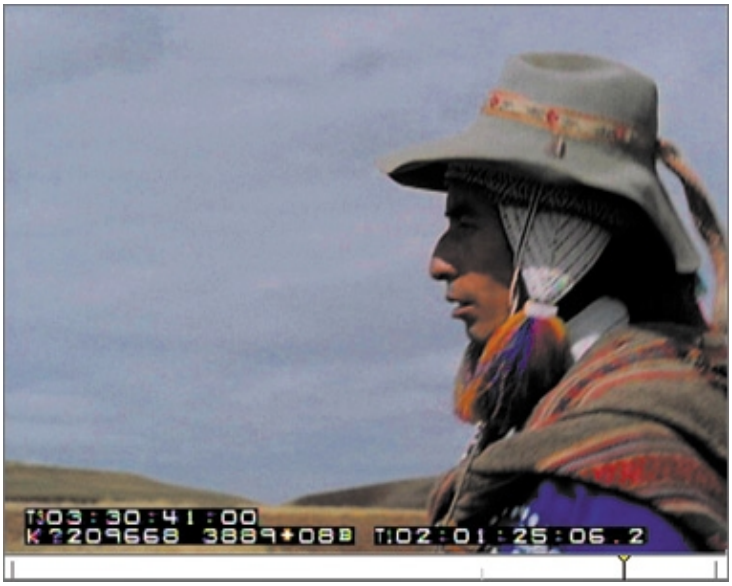
Lesson 1. Working with the Interface

Lesson Files	Lesson 1 Project
Media	A Thousand Roads > Intro folder
Time	This lesson takes approximately 50 minutes to complete.
Goals	Launch Final Cut Pro
	Open and close a project
	Navigate FCP using menus, keyboard shortcuts, and the mouse
	Understand the Final Cut Pro workflow
	Work with projects in the Browser
	Work with the Timeline and Canvas
	Play a sequence
	Magnify the Timeline
	Quit and hide Final Cut Pro

The Final Cut Pro 5 interface is flexible and dynamic. It offers not only a place to edit your masterpiece but a place to view your source material and to organize your project elements as well.

In this lesson, you will work with the Final Cut Pro interface, learn about the workflow of a project, organize project elements, work with the transport controls in the interface, and zoom and adjust the Timeline. You will also learn about Final Cut Pro menus and shortcuts, as well as added features available using a two-button mouse.



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Preparing the Project

Before you get started, you will need to install the Final Cut Pro application onto your hard drive. You will also need to copy the lessons and media from the DVD in this book onto your hard drive as well. There are steps for doing this in the Getting Started chapter of this book. Once those two tasks are complete, you can move forward with this lesson.

You will open Final Cut Pro by opening, or launching, the program, which you can do in one of three ways:

- In the Applications folder on the hard drive, double-click the Final Cut Pro application icon.
- In the Dock, click the Final Cut Pro icon once.
- Double-click a Final Cut Pro project file.

NOTE

Placing the Final Cut Pro icon in the Dock will make it easier to launch the program in future lessons.

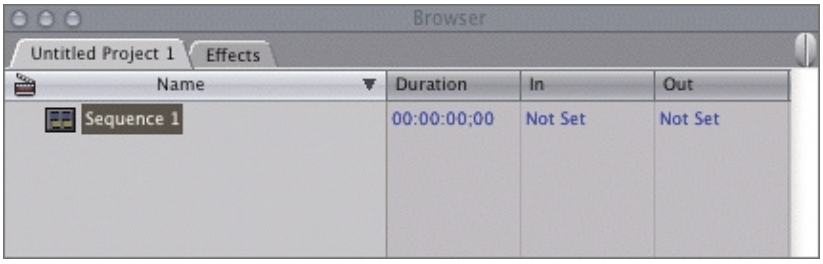
1. If the Final Cut Pro icon does not already appear on your Dock, find the icon in your hard drive Applications folder, drag it into the Dock, and release the mouse.

2. In the Dock, click the Final Cut Pro icon once to launch the program.

NOTE

The first time you launch Final Cut Pro, a Choose Setup window will appear, where you select the type of footage you are editing. The default is DV-NTSC, which represents the majority of footage you will use in these lessons. Choosing setups is discussed in a later lesson. For now, you can click OK to bypass this dialog. If an External A/V window appears with a warning that it can't locate the external video device, click Continue. You do not need an external video device for these lessons.

The program interface opens with a default project titled Untitled Project 1 in the Browser window. The Browser is located in the upper-left corner of the interface. If you have already worked on other projects, they may appear here as well.



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Final Cut Pro Interface

Four primary windows make up the Final Cut Pro interface: the Browser, Viewer, Canvas, and Timeline. The most basic functions of these windows can be broken down into two areas. The Browser and Viewer windows are where you organize and view your unedited material, and the Canvas and Timeline are where you view your edited material.

There are two secondary windows: The Tool palette contains an assortment of editing tools, and the audio meters allow you to monitor audio levels.

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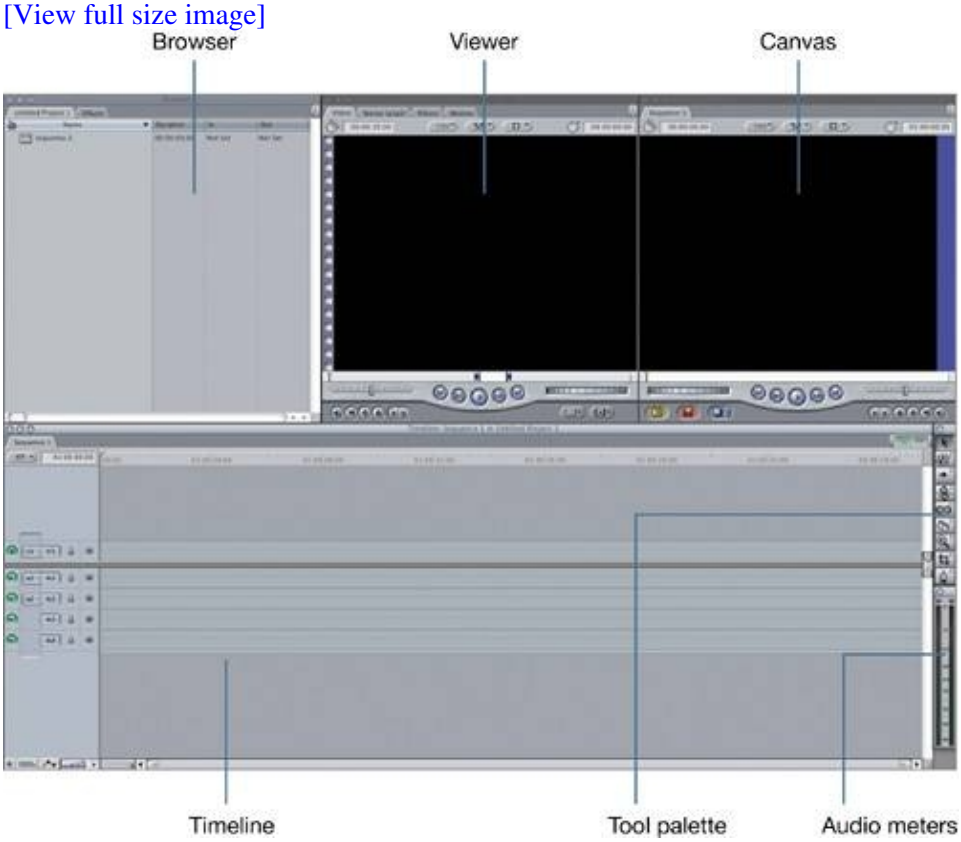

Each window fulfills a unique purpose in the editing process.

Browser

The Browser is where you organize all of the project elements you use when editing. You can view the different elements as a list or as icons.