

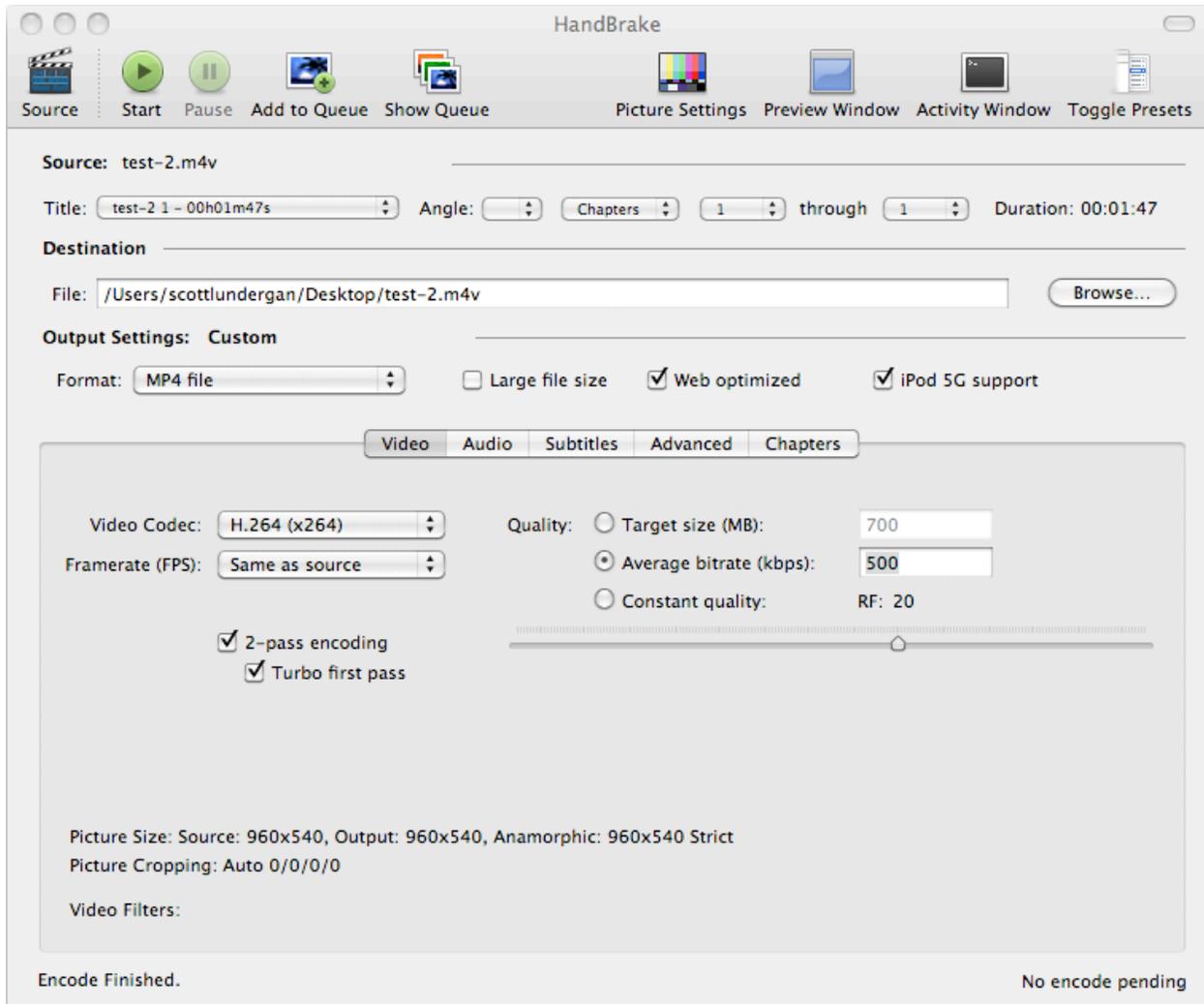
Optimizing Web Video Files for the USD Streamer

Step 1. Download Handbrake from <http://handbrake.fr/downloads.php>

Step 2: Open up the software and import the video you want by clicking “Source” at the top left.

Enter and select the video settings below that include:

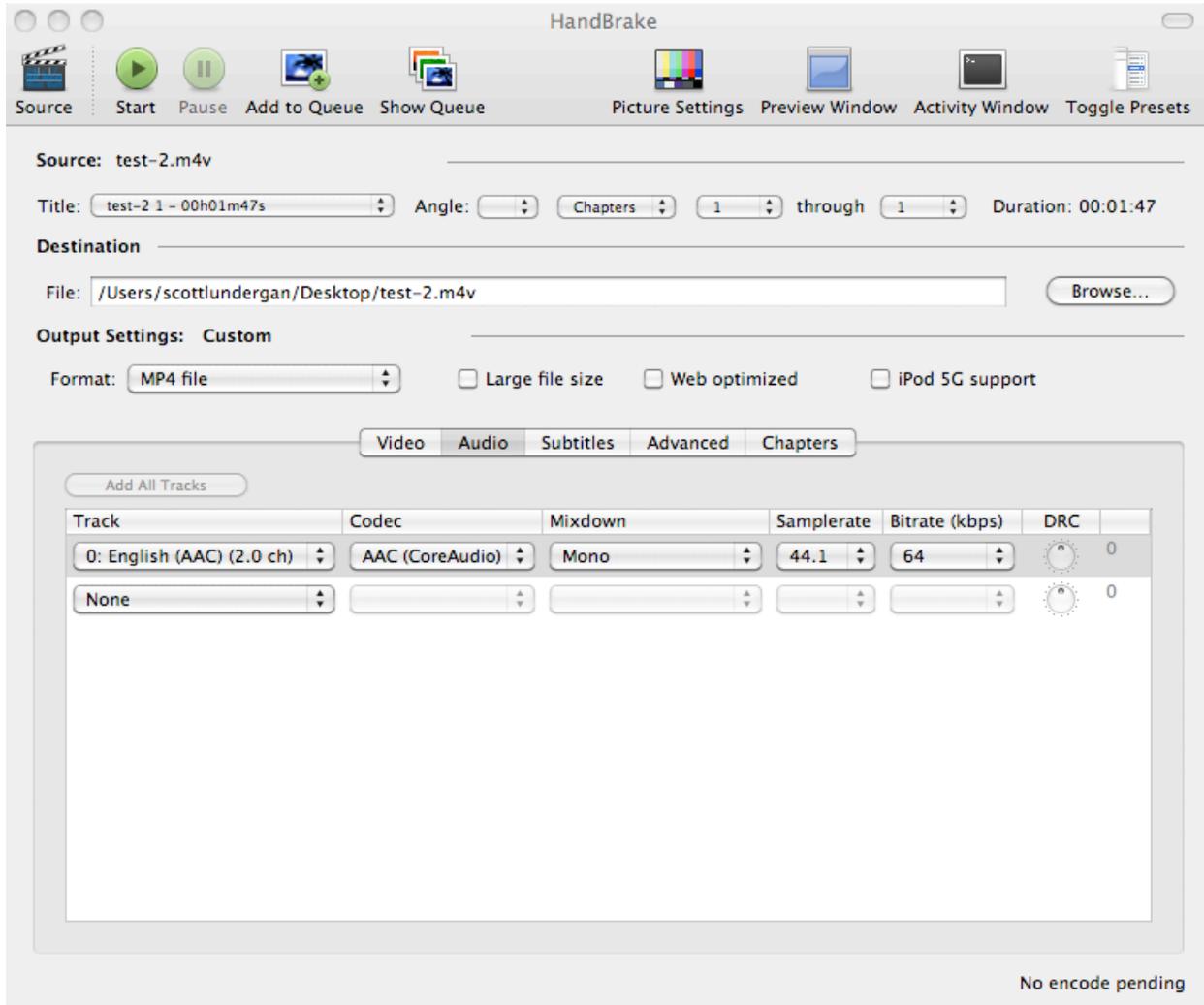
- Format
- Video Codec
- Frame Rate
- 2 Pass Encoding
- Web Optimized
- 5G Support
- Average Bitrate (*this setting can be decreased if you have a long video file over 10 minutes or increased to 700 if you need higher quality video, such as a promotional marketing video*)



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Step 3: Enter and select your audio settings that include:

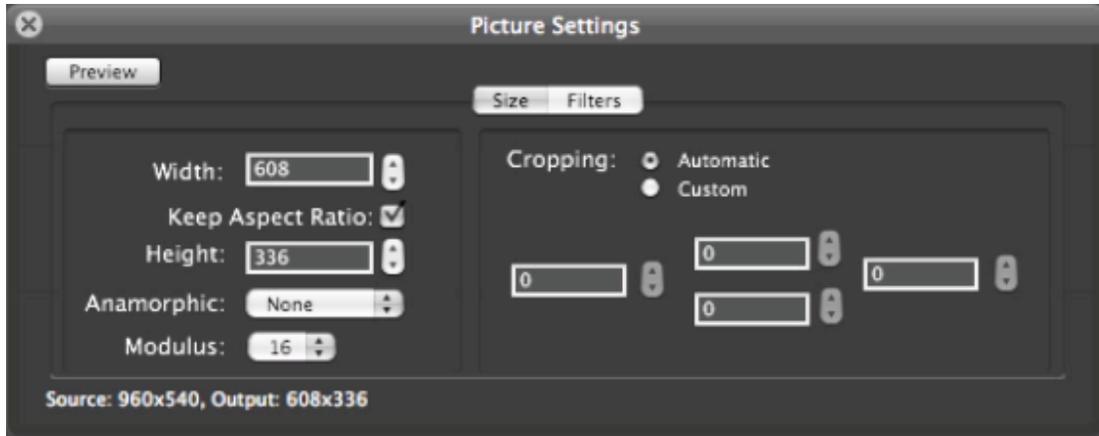
- Track
- Codec
- Mixdown
- Sample Rate
- Bitrate (*this setting can be increased if you need higher quality audio*)



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Step 4: Select **Picture Settings** at the top of the software and adjust your settings to the size you want your video to be. Make sure **Keep Aspect Ratio** is selected.

The below size is an example of a widescreen size for web video.



Use one of the following dimensions that range from small to large.

Standard Video (shaped almost like a square):

352 X 224

450 X 300

480 X 320

512 X 336

608 X 400

Widescreen Video:

320 x 176

400 x 224

448 X 256

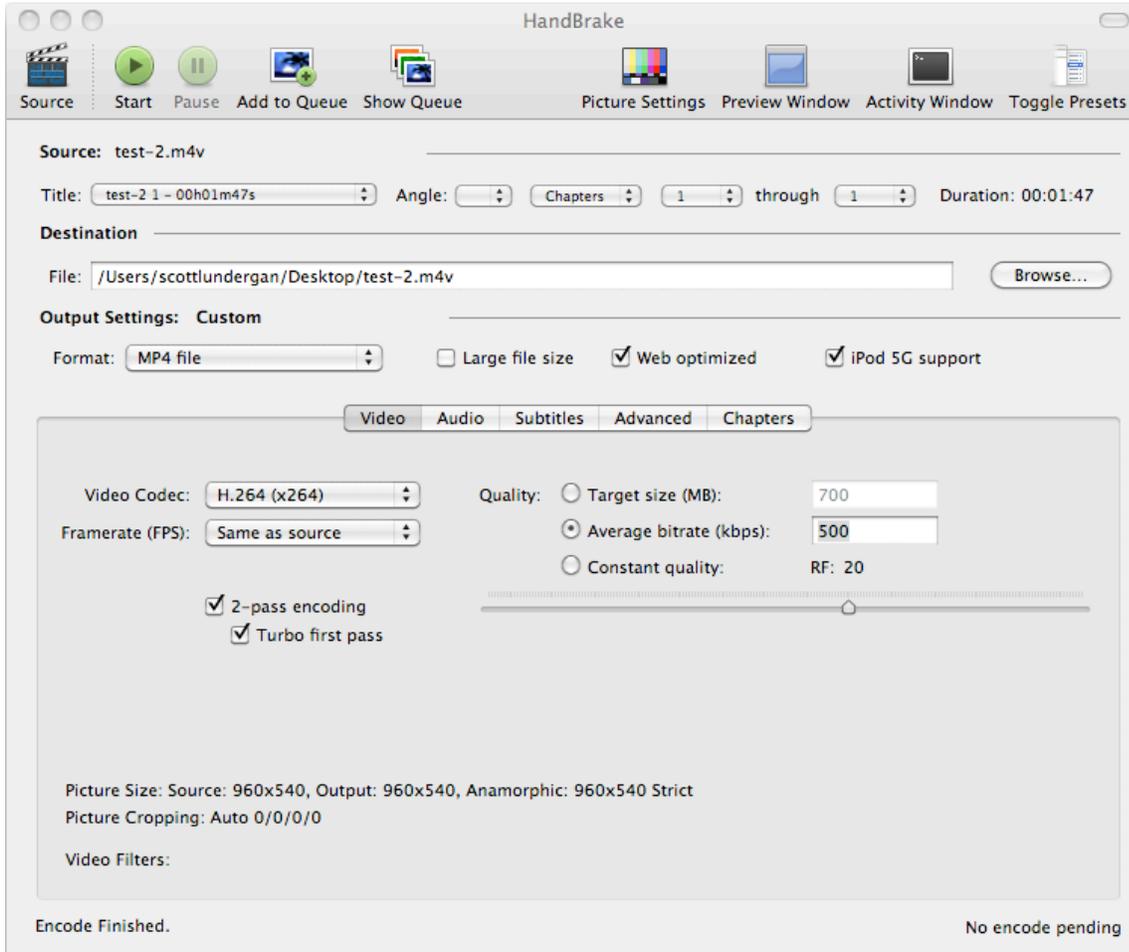
512 x 288

608 x 336

For iTunes U dimensions, you're not allowed to go above 640X480 for standard video. If you're doing widescreen video, the proper setting for iTunes U would be 640X360

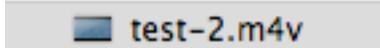
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Step 5: Exit out of **Picture** Settings and select **Start** at the top of the software. This will create your video file to the **Destination** you choose, located right under **Source**.

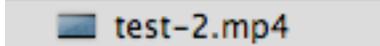


Step 6: If you are posting to the streamer, locate your new file and change your video extension from .m4v to .mp4 as seen below.

- Original file that exported from Handbrake



- New Mp4 file that can go on the streamer



A note about video playback on the web with iTunes U and the USD Streamer

If your file takes a while to stream or has to load the whole video before it plays, you can run it through this Adobe Air app.

<http://renaun.com/blog/code/qtindexswapper/>

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Adobe Air is designed so one piece of software can run on PC and Mac.

You can download Adobe Air below.

<http://get.adobe.com/air/>

If you have any questions, contact Media Services at extension 5943 or scottlund@sandiego.edu