
Instructional Television

Sony PMW-EX1 1080p24 Hi-Def Camera Quick Reference Guide



Transfer footage off XDCAM Card

1. Make sure you have the application "XDCAM Transfer." If not, you can download it from ITV at: http://www.polk-fl.net/staff/technology/itvteachers/XDCAMTransfer_v2_7_1.zip
2. Put SXS Card into laptop or connect EX-1 via USB cable to Mac.
3. Open XDCAM TRANSFER.
4. Go to XDCAM TRANSFER menu, select Preferences.
5. Select/Make new folder to import files to.
6. By right-clicking on a clip, you have the option to change its status to KEEP or NO GOOD (this way you can filter by KEEP, and it's easier to transfer).
7. After you filter by KEEP, select the first clip.
8. Click the Logging tab, and input the Clip Title.
9. Repeat this step for all clips.
10. Highlight all the clips you want to import.
11. Click the import button ONLY ONCE.
12. The clips have a progress bar on the video thumbnail to let you know your progress.

Processing

1. Open Compressor.
2. Click Add File and Import all of the files you exported off the card.
3. With all of the clips selected, right-click on one of them.
4. Navigate to **New Target with Setting > Apple > Formats > Quicktime > Apple ProRes 422.**
5. Highlight all of the clips again.
6. With all clips selected, right-click on one of the files.
7. Select "Destination > Other" This is where the compressed files will go.
8. Create a folder named "Compressed" or something similar for good organization.
9. Click Submit. Then click Submit again on the next window.
10. Even though Compressor doesn't look like it's doing anything, click on Batch Monitor, then This Computer to see your progress bar.
11. To free up computer resources to make the compression faster, you can Quit Compressor. However, LEAVE BATCH MONITOR RUNNING.

Setting up FCP

1. Open FCP.
2. Check to see if Auto Conform is on: Final Cut Pro > User Preferences > Editing tab.
3. Check these settings:
 - a. Auto Conform Sequence: **Ask**
 - b. Always Scale Clips to Sequence Size: **Checked**
4. Import the compressed files.
5. Select a clip, and drag it to the timeline.
6. A message appears asking if you want to conform the sequence to clip settings. Choose **YES**.