



# Premiere Pro 101: Rookie

**Level:** Introduction  
**Duration:** 3 Days  
**Time:** 10 AM - 5 PM  
**Cost:** £697 ex VAT

## Overview

The Workspace in Premiere Pro  
Sequencing and Basic Real-Time Editing  
Transitions  
Fundamentals of Multipoint Editing  
Integrating Adobe After Effects  
Titles and Credits  
Audio  
Output

## Description

Adobe Premiere Pro is a powerful program for editing digital video. Premiere lets you create videos, as well as perform colour correction and work with audio. Students attending this course will learn the fundamentals of non-linear editing techniques.

## Who is this course for?

Students who need to know the basics of Adobe Premiere Pro and countless tips and techniques to help them become more productive with its new features. This course is for individuals who wish to learn how to edit videos to be used on a number of different platforms, including web and DVD. Amateurs with an interest in video editing will also benefit from attending this course.

## Assumed Knowledge

No previous video editing knowledge/experience is required to complete this course. However, basic computer skills are necessary.

## What you will learn

- \* Touring Adobe Premiere Pro CS5/CS5
- \* Selecting Settings, Adjusting Preferences, and Managing Assets
- \* Creating Cuts-Only Videos
- \* Applying Specialized Editing Tools
- \* Adding Video Transitions
- \* Putting Clips in Motion
- \* Adding Video Effects
- \* Changing Time
- \* Acquiring and Editing Audio

- \* Sweetening Your Sound and Mixing Audio
- \* Creating Dynamic Titles
- \* Exploring Compositing Techniques
- \* Analyzing Content
- \* Working with Colour
- \* Importing and Capturing Media
- \* Exporting Frames, Clips, and Sequences
- \* Managing Your Projects

## Outline

### Touring Adobe Premiere Pro CS5/CS5

- Nonlinear editing in Adobe Premiere Pro CS5
- Presenting the standard digital video workflow
- Enhancing the workflow with high-level features
- Touring the Adobe Premiere Pro workspace
- workspace layout
- Customizing the workspace

- Selecting Settings, Adjusting Preferences, and Managing Assets\*
- Selecting project settings by sequence
- types of settings
- Specifying project settings
- Sequence settings
- Adjusting user preferences
- Importing assets
- Managing media in bins
- Exploring additional bin features
- Having multiple bins open at once
- Finding assets
- Finding assets with the Media Browser

### Creating Cuts-Only Videos

- Using a storyboard to build a rough cut
- Arranging your storyboard
- Automating your storyboard to a sequence
- Editing clips on the Timeline
- Trimming a clip
- Using the Ripple Edit tool
- Moving clips to, from, and within the Timeline
- Using the current-time indicator to establish the edit point
- Adding clips to the timeline with the Source Monitor
- Enhanced extract function (CS5.5 Update)
- Working with Source Monitor editing tools
- New insert/overwrite edit graphic overlay



- Adjusting clips in the Trim panel
- Using other editing tools
- An Introduction to Audio
- Use current sequence
- Adjust volume
- Add keyframes
- Add an audio transition

#### Applying Specialized Editing Tools

- Exploring timesaving editing tools
- Making rolling, slide, and slip edits
- Using the Program Monitor's L# and Extract buttons
- Replacing a clip and replacing footage
- Using the Replace Clip feature
- Using the Replace Footage feature
- Using Sync Lock and Track Lock
- Using the Sync Lock
- Using Track Lock
- Finding gaps in the timeline
- Editing with In and Out points around a clip
- Creating subclips from the Source Monitor
- Unlink multiple selected clips
- Merging Clips for Dual-System Sound Support

- Adding Video Transitions\*
- Using transitions with restraint
- Please supplement with real-world examples and avoid those in the book
- Adding whimsy
- Adding visual interest
- Trying some transitions
- Sequence display changes
- Changing parameters in the Effect Controls panel
- Using A/B mode to fine-tune a transition
- Working with the Effect Control panel's A/B feature
- Dealing with inadequate (or no) head or tail handles
- Applying transitions to multiple clips at once
- Adding audio transitions

#### Putting Clips in Motion

- Applying the Motion effect to clips
- Examining motion settings
- Add key frames to clip on timeline using pen tool
- Changing clip size and adding rotation

- Adding rotation and changing the anchor point
  - Working with keyframe interpolation
  - Creating a picture-in-picture effect
  - Enhancing motion with shadows and beveled edges
  - Adding a drop shadow
  - Using other motion-related effects: Transform and Basic 3D
  - Transform
  - Basic 3D
- 
- Adding Video Effects\*
  - Sampling some basic video effects
  - Applying effects to multiple clips
  - Adding keyframing effects
  - Adding keyframe interpolation and velocity
  - Adding lighting effects
  - Creating custom presets
  - Using nested sequences
  - Multiple uses for nested sequences
  - Nesting a video in a newspaper
  - Nesting clips
  - New supported effects for accelerated playback )
  - Dynamic Link Overview
  - Send a clip to After Effects from the Adobe Premiere Pro timeline
  - Applying the Warp Stabilizer effect
  - Return the clip via Dynamic Link
- 
- Changing Time\*
  - Using slow-motion and reverse-motion techniques
  - Speeding up a clip
  - Changing speed with the rate stretch tool
  - Enabling variable time changes with time remapping
  - Applying time remapping with speed transitions
  - Using time remapping with reverse motion
  - Recognizing the downstream effects of changing time
  - Changing the speed of multiple clips simultaneously
  - Changing the length of multiple stills simultaneously
- 
- Acquiring and Editing Audio\*
  - Setting up a basic voice-recording area
  - Creating a high-quality aural experience
  - Examining audio characteristics
  - Adjusting audio volume
  - Adjusting audio in the Effect Controls panel

- Adjusting audio gain
  - Adding J-cuts and L-cuts
  - Adding an L-cut
- 
- Sweetening Your Sound and Mixing Audio\*
  - Sweetening sound with audio effects
  - Trying stereo sound effects
  - Looking one more VST plug-in
  - Editing keyframes by using the clip effects menu
  - Working with the Audio Mixer
  - Automating changes in audio tracks
  - Outputting tracks to submixes
  - Recording voice-overs
  - Send Premiere Pro sequence to Audition
- 
- Creating Dynamic Titles\*
  - Changing text parameters
  - Building text from scratch
  - Putting text on a path
  - Creating shapes
  - Aligning shapes
  - Making text roll and crawl
  - Adding text effects: sheens, strokes, shadows,
- 
- Exploring Compositing Techniques\*
  - Making compositing part of your projects
  - Shooting video with compositing in mind
  - Teach impact of codec and camera chip size on keying
  - Discuss concept of using a laptop on-set and doing test keys direct from camera's memory card
  - Working with the Opacity effect
  - Combine layers based on a blend mode
  - Show footage mixed with blending modes
  - Lightening a dark shot
  - Creating a film-look
  - Luma-key video inside text
  - Working with alpha-channel transparencies
  - Use new project files
  - Color keying a green-screen shot with Ultra Key
  - Using the Ultra Key effect
  - Use the new CS 5.5 Keying demo
  - Address Garbage Matte feature
  - Use Track Matte to blur an area



### Analyzing Content

- Transcribing speech to text
- Enhancing the accuracy of speech analyses
- Searching transcription for keywords
- Setting In and Out points using speech analysis text
- Modifying the metadata
- New Adobe Story Integration

### Working with Color

- Show the Color Correction Workspace
- Address use of Workspaces
- Using Video Scopes
- Reference Monitor
- YC Waveform
- Vectorscope
- Levels
- An overview of color-oriented effects
- Coloring effects
- Color removal or replacement
- Color correction
- Discuss 8 bit vs. 32-bit effects
- Adjusting and enhancing color
- Auto Color, Auto Contrast and Auto Levels
- Levels
- The Fast Color Corrector effect
- Primary Color Corrections
- Exposure Problems
- Fixing Color Casts

### • Importing and Capturing Media\*

- Using a tapeless workflow
- Using the Media Browser
- Cover formats
- Importing P2 media
- Importing XDCAM media
- Importing AVCHD media
- Importing DSLR
- Importing RED media CS5.5
- Import image sequence into a single video
- Mixing media formats
- Capturing HDV and DV video
- Adapt as needed

- Discussion of "third-party capture cards"
  
- Exporting Frames, Clips, and Sequences\*
  - Overview of export options
  - Checking out export options
  - Recording to tape
  - Exporting single frames
  - Exporting a single frame via the Export Frames function
  - Using the Export Settings dialog
  - Working with Adobe Media Encoder
  - Enhancements to Adobe Media Encoder and Workflows
  - Format overview
  - Using formats
  - Exporting to mobile devices
  - Exporting to Other NLEs
  - Final Cut Pro (XML)
  - Avid (AAF)
  - Collaboration in CS Review
  - Closed caption support
  
- Managing Your Projects\*
  - Project menu overview
  - Making a clip offline
  - Using the Project Manager
  - Working with a trimmed project
  - Collecting files and copying them to a new location
  - Final project management steps
  - Importing projects or sequences
  - Importing Projects from FCP
  - Importing Projects from Avid

#### The Adobe Workflow

- Meet Adobe Premiere Pro
- Interface Philosophy
- Interface Tour
- Using Workspaces
- Creative Suite Production Premium
- Adobe After Effects
- Adobe Photoshop Extended
- Adobe Illustrator
- Adobe Audition
- Adobe Encore
- Adobe Bridge



- Adobe Media Encoder
  - Other Tools (Adobe Story)
  - Editing Work&ow
  - Native Editing Work&ow
  - Transcoded Work&ow
  - Captured Work&ow
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- Configuring Your Nonlinear Editor\*
  - Notable Preferences
  - Brightness
  - Play Audio While Scrubbing
  - Audio Output Mapping
  - Media Cache Files
  - Memory Allocation
  - Still Image Default
  - Default Scale to Frame Size
  - Trim
  - Player Se!ings
  - Keyboard Shortcuts
  - Default Se!ings
  - Using the Final Cut Pro and Avid keyboard defaults
  - Customizing Shortcuts
  - Use the Default Keyboard Shortcuts for Class
  - Mercury Playback Engine performance
  - Real-time work&ow
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- Essential Editing Skills\*
  - Using the Source Monitor
  - Loading a Clip
  - Loading Multiple Clips
  - Source and Program Monitor Controls
  - Playback Resolution
  - Pause Resolution
  - Viewing Fields
  - Change Magni\$cation
  - Changing Frames in the Program or Source Monitor
  - Navigating the Timeline
  - Opening a Sequence in a Timeline Panel
  - Targeting Tracks
  - In and Out Points
  - Using Markers
  - Clip Markers
  - Numbered Marker
  - Interactive Markers
  - Essential Editing Commands
  - Overwrite Editing



## Setting Up a Project

- New Project Panel
- Video/Audio Display Format
- Capture Format Settings
- Video Rendering and Playback
- Project Files
- Scratch Disks
- Creating a Sequence
- Choosing the Correct Preset
- The Makeup of Sequence Presets
- Third-party sequence presets
- The selection process
- Creating Custom Sequence Settings
- Settings (General) Tab
- Setting Initial Tracks
- Setting Sequence Start Time
- Modifying an Existing Project's Settings
- General Tab
- Scratch Disks

- Organizing Media\*
- Understanding the Project Panel
- Searching for Clips
- Filter View
- Find Command
- Working with Bins
- Creating Bins
- Opening Bins
- Recommended Standard Bins
- Customizing Bins and Clip Views
- Changing Views
- Viewing Thumbnails
- Assigning Label Color
- Creating Subclips
- When to Subclip
- The Logic of Subclips
- Getting Organized with Metadata
- Saving Schema
- Using the Metadata Panel
- Organizing Clips with Content Analysis
- Speech Analysis
- Improving accuracy with a transcript
- Improving accuracy with a script

- Additional Editing Skills\*
- Four-Point Editing
- Editing choices with Four-point edits
- Making a four-point edit
- Retiming Clips
- Changing the Speed/Duration of a Clip
- Changing Speed and Duration with the Rate Stretch tool
- Changing Speed and Duration with Time Remapping
- Removing the Time Remapping effect
- Replacing Clips
- Replacement Techniques
- Making a Replace Edit
- Replacing footage in a project
- Time-saving Editing Techniques
- Storyboard Editing
- Editing with Markers
- Nested Sequences
- Why create a nested sequence
- Limitations of nested sequence
- Create a nest from a selection of clips
- Find Gaps in Sequences and Tracks

#### Timeline Operations

- Selecting Clips
- Selecting a Clip
- Selecting a Range of Clips
- Selecting All the Clips on a Track
- Selecting Non-contiguous Clips
- Selecting Audio or Video Only
- Splitting a Clip
- Linking & Unlinking Clips
- Moving Clips
- Dragging Clips
- Rearranging Clips in a Sequence
- Using the Clipboard
- Copying
- Cutting
- Extracting and Deleting Segments
- Extract
- Delete & Ripple Delete
- Deleting gaps in a track
- Deleting all clips on a track
- Deleting a track
- Disabling a Clip
- Adding Transitions



- Edit Points and Handles
  - Applying Video Transitions
  - Applying Audio Transitions
  - Creating a crossfade
  - Using the Apply Audio Transition command
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- The Power is in the Trim\*
  - Basic Trimming
  - Trim in Source Monitor
  - Basic Trim on a Sequence
  - Trim with the Current-time Indicator
  - Rippling Edits
  - Using the Ripple Edit Tool
  - Rolling Edits
  - Using the Roll Edit Tool
  - Roll an Edit Using the Keyboard
  - Slipping Edits
  - Slipping an Edit in the Source Monitor
  - Using the Slip Tool
  - Slipping Using Keyboard Shortcuts
  - Sliding Edits
  - Using the Slide Tool
  - Sliding Using Keyboard Shortcuts
  - Using the Trim Monitor
  - Overview of the Trim Monitor
  - Performing Ripple Edits in the Trim Monitor
  - Performing Roll Edits in the Trim Monitor
  - Making Split Edits
  - Maintaining Sync
  - Linking and Unlinking Audio and Video
  - Moving and Slipping Clips into Sync
- 
- Audio Mixing and Repair\*
  - Setting Up the Interface to Work with Audio
  - The Audio Workspace
  - Master Track Output
  - Monitoring Audio Levels with the Audio Mixer
  - Adjusting Audio Levels on a Sequence
  - Showing Audio Waveforms
  - Adjusting Overall Clip Levels
  - Keyframing Volume Changes
  - Smoothing Volume Between Keyframes
  - Track vs. Clip Keyframes
  - Using the Audio Mixer
  - Overview of the Audio Mixer



- Understanding Automation Modes
  - Submixes and Bussing
  - Using Audio Effects
  - Two Ways of Adding Audio Effects
  - Clip-based effects
  - Track-based effects
  - Using Audio Effects to Repair Audio
  - Using Audio Effects to Adjust Dynamics and Equalization
  - Sending Audio from Adobe Premiere Pro to Audition
  - Noise Reduction
  - Amplitude Reduction
  - Ge!ing Audio Back to Adobe Premiere Pro
- 
- Color Correction\*
  - Using Video Scopes
  - Accessing Scopes and the Color Correction Workspace
  - Scope Essentials
  - YC Waveform
  - Vectorscope
  - More About the Reference Monitor
  - Ge!ing to Know Adobe Premiere Pro's Color and Exposure Effects
  - Primary Color Corrections
  - Exposure Problems
  - Fixing underexposed footage
  - Fixing overexposed footage
  - Fixing Color Casts
  - Before \$xing a color cast
  - Fixing contrast \$rst
  - Tackling color
  - Secondary Color Corrections
  - Using A#er Effects and Photoshop to Correct
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- Essential Effects\*
  - Role of Effects
  - Effects in Adobe Premiere Pro
  - Fixed Effects
  - Effects browser
  - Using effects presets
  - Saving effect presets
  - Removing effects
  - Applying Effects in A#er Effects
  - Dynamic Link revisited
  - Browsing A#er Effects animation presets
  - Applying effects and animation presets

- Saving After Effects presets
  - Removing effects
  - Understanding Keyframes
  - Adding Keyframes
  - Keyframe Interpolation
  - Selected Effects
  - Image Stabilization & Rolling Shutter Reduction
  - Timecode Burn-in
  - Vector Keying in Adobe Premiere Pro
  - Enhanced Depth of Field (with the Roto Brush)
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- Creating Titles\*
  - Video Typography Essentials
  - Benefits of reading include better understanding of best use of tools and options
  - \* Using Adobe Premiere Pro's Titler
  - Creating and Editing Titles
  - Entering Text
  - Formatting Text
  - Stylizing a Title
  - Creating a Template
  - \* Advanced Titling with Photoshop
  - Creating a Photoshop Document
  - Photoshop Text Essentials
  - Creating an Alpha Channel
  - Layer Styles
  - \* Animated Titles with Adobe After Effects
  - Setting Text
  - Browsing Presets
  - Retiming Animations

#### Acquiring & Managing Media

- Importing Files into Adobe Premiere Pro
- Standard Importing
- Using the Media Browser
- Adobe Bridge
- Adding metadata with Adobe Bridge (p.61)
- Rating clips in Adobe Bridge
- Viewing metadata from Adobe Bridge
- Tape-based Workflows
- Capturing from Tape
- Tapeless Workflows
- Mounting the Card
- Creating a Clone and a Copy
- Spanned Clips
- Supported File Types

- Footage Files
- Graphics Files
- Audio Files
- Modifying Clips
- Adjusting Audio Channels
- Interpreting Footage
- Assigning a frame rate
- Interpreting pixel aspect ratio
- Field order
- Alpha channels
- Modifying Timecode
- An Introduction to Dynamic Link
- Linking to and from Adobe After Effects
- Linking to and from Adobe Encore
- Linking to and from Adobe Audition
- Adobe Media Encoder
- Creating Special Clips (synthetics)
- Bars & Tone
- Black Video
- Color Match
- Transparent Video
- Practical Media Management
- Removing Unused Media
- Using the Project Manager
- Creating a trimmed project
- Collecting a project

#### Publishing Your Video

- Customize Topics To Class Needs
- Exporting a Master Copy
- Matching Sequence Settings
- Choosing Another Codec
- Outputting to Tape
- Preparing a Project for Tape Output
- Preparing a Tape
- Exporting to Tape
- Meet Adobe Media Encoder
- Accessing Adobe Media Encoder from Adobe Premiere Pro
- Overview of the Export Settings Dialog
- Source and Output panels
- Export Settings
- Filters export settings
- Multiplexer export settings
- Video export settings
- Audio export settings

- FTP settings
  - Additional Options
  - More About Metadata
  - Exporting Files
  - Creating Flash Content
  - Choosing Between FLV and F4V
  - Using FLV and F4V Presets
  - Creating H.264 Content for Devices and Web Delivery
  - Using H.264 Presets for Devices
  - Using H.264 Presets for General Web Delivery
  - Publishing to DVD and Blu-ray
  - Using MPEG-2 Presets for DVD
  - Choosing Between MPEG-2 and H.264 for Blu-ray
  - Using an H.264 Preset for Blu-ray
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- Close Out\*
  - How to take an Adobe Certification Exam
  - ACA Exam
  - ACE Exam