

Studio 204 – Create iPod Video with Expert Settings

In some instances, creating an iPod video with the standard **Movie to iPod** setting is just not feasible. This may be because the setting is unavailable on some computers or because you want to input a specific video option or size. To export iPod video with **Expert Settings**, do the following:

From iMovie

- i. Choose **File > Export...**
- ii. Click the **QuickTime** tab
- iii. Change **Compress movie for:** to **Expert Settings**
- iv. Click **Share**

(continue to step 1 below)

From QuickTime

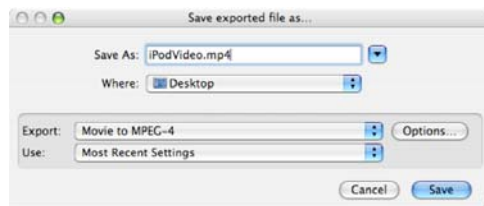
- i. Choose **File > Export...**

(continue to step 1 below)

From Final Cut Pro

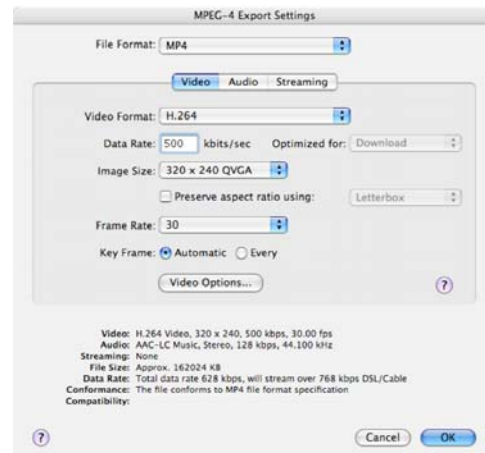
- i. Choose **File > Export...**
- ii. Continue to **using QuickTime Conversion...**

(continue to step 1 below)

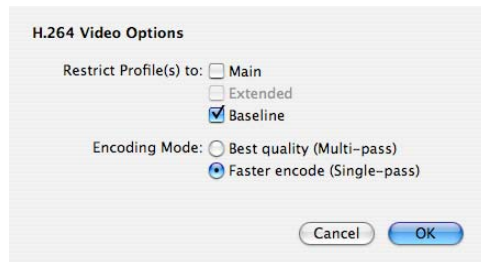


1. Choose a name and save location
2. Change **Export:** to **Movie to MPEG-4**
3. Click **Options...**

4. Select the **Video** tab
5. Change **File Format:** to **MP4**
6. Change **Video Format:** to **H.264**
7. Set the **Data Rate** to **500 kbits/sec**
8. Set the **Image Size** at **320 x 240**
9. The **Frame Rate** should be **30**
10. **Key Frame** can be set to **Automatic**
11. Click **Video Options...**



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12. **Restrict Profile(s)** to **Baseline** only
13. **Encoding Mode** should remain as **Faster encode**
14. Click **OK**

15. Select the **Audio** tab
16. Set **Audio Format** to **AAC-LC (Music)**
17. Change **Data Rate:** to **64 kbps***
18. Define **Channels** as **Mono***
19. **Output Sample Rate** should be **44.100 kHz**
20. **Encoding Quality** is **Better**



21. Select the **Streaming** tab
22. Make sure **Enable Streaming** is unchecked
23. Click **OK**

**Note: 64 kbps, Mono is appropriate for speech. If you are attempting to stream music, please use 128 kbps, Stereo. Your file size will increase by about 10%.*