

Quintic Software

Tutorial 1

Getting Started

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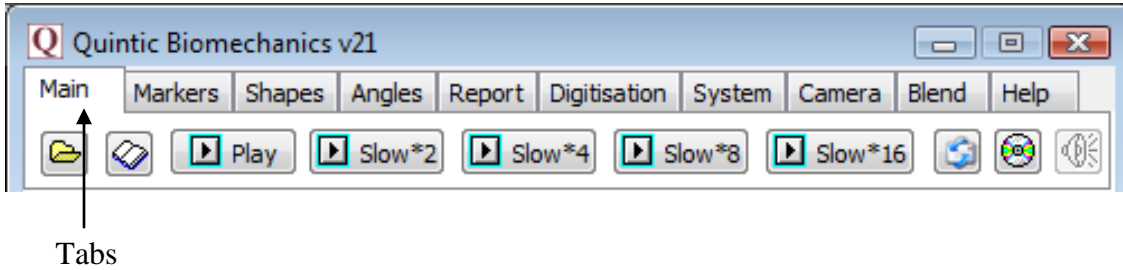


1. Playing a Video

a. Opening a Video File


Double click on the ‘**Quintic**’ icon on your computer screen.

Once you have opened Quintic you will see the main window where the videos are played.



The window should look like the above example. The number of tabs across the top varies with the level of software you have but there are some common tabs that all of our software has.


To use the tutorials, download the tutorial video files which can be found at <http://www.quintic.com/tutorials/> and save them to your computer.

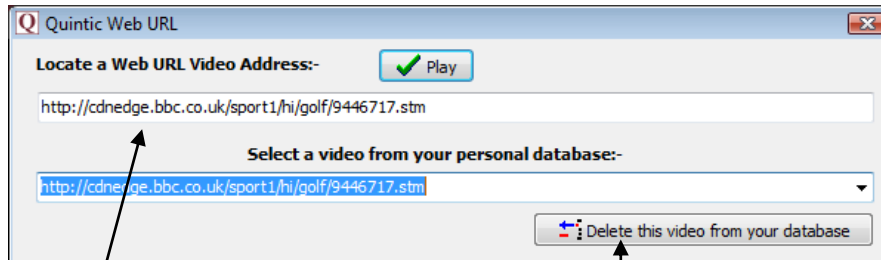
Open video files in the main window by clicking on the yellow folder button  in the top left hand corner under the ‘**Main**’ tab.

Click on this button and then double click on the ‘**Diving**’ folder where the video ‘**10m – Twist**’ is saved. Double click this file or highlight it and select ‘**Open**’. This will open the video in the main window and automatically play it in slow motion.

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b. Streaming an Internet Video

Quintic allows the user to open and stream internet based video. Any video which is stored online can be viewed within the main software. To open an internet video click on the  button. This will open a new window with an address bar, where you type in the URL location of the video that you want to open.



Type in the URL location of the video that you want to play. This can be copy and pasted straight in from your website browser. Click on the **‘Play’** button, and the video will play in the main software. Loading time will depend on the speed of your internet connection.

Once you have entered a valid URL address and the video has been played it will automatically be added to your personal database. To delete a video from this database highlight the address and click on **‘Delete this video from your database’** button.

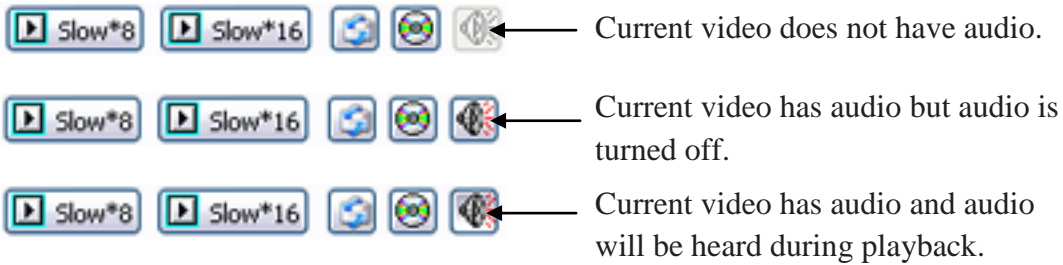
Re-open the video **‘10m - Twist’** from the **‘Diving’** folder.

2. Play at Different Speeds

Re-open the video '10m - Twist' from the 'Diving' folder.

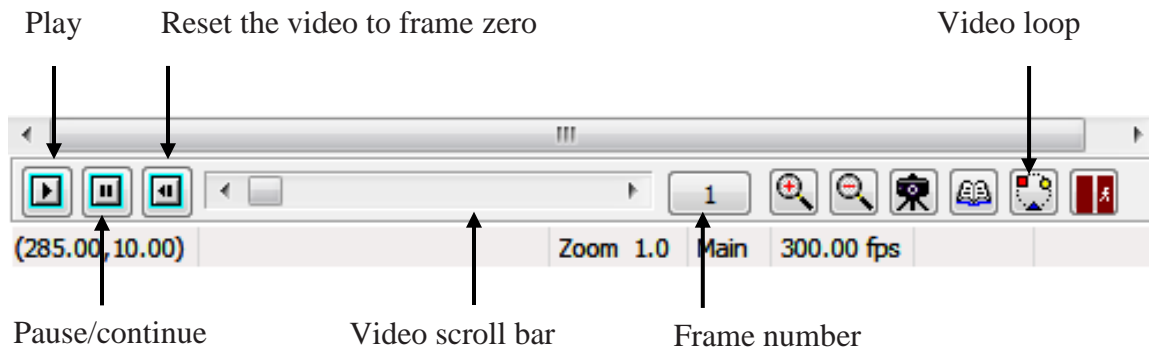
Watch the video being played through at half speed. Now press each of the 'Play', 'Slow*2', 'Slow*4', 'Slow*8', 'Slow*16' buttons at the top of the window in turn. They play the video through at different speeds.

If a video has sound the audio button will become live, allowing the video to be played with audio at full speed. To play the video with audio click on the speaker button so it becomes selected:



The controls at the bottom of the screen allow the video to be paused at any chosen frame.

Experiment with these buttons. The frame number is displayed in the box next to the video scroll bar. To move the video forwards or backwards frame by frame click on the scroll bar.



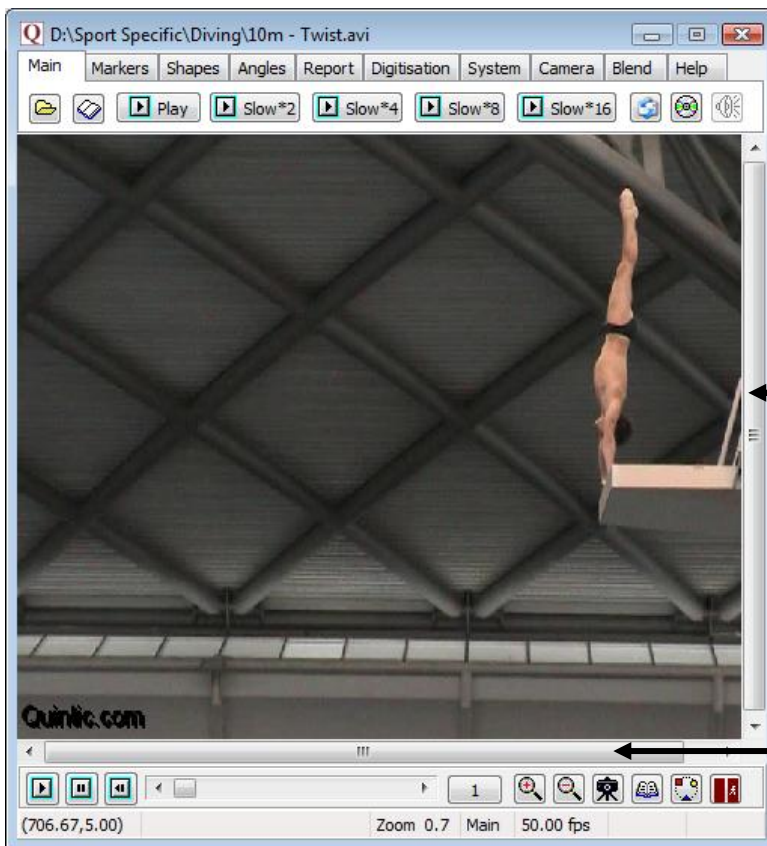
GO TO QUESTIONS 2, 3 AND 4 ON QUESTION SHEET (PAGE 13)

3. Zoom

The magnifying glass icons are the zoom in (+) and zoom out (-) functions. (Experiment with these buttons.) You can zoom between 0.4 and 3 times the size of the original video. The magnification factor is displayed below and to the left of these buttons.



When you zoom in you may need to use the vertical and horizontal scroll bars (see below) to position the diver in the centre of the screen.

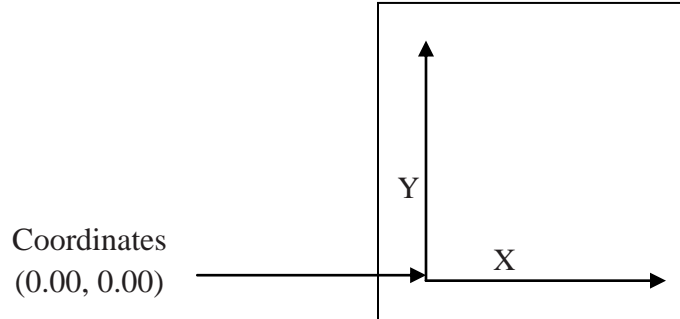


Vertical Scroll

Horizontal Scroll

4. Coordinates

When the cursor is moved around the screen, coordinates are displayed at the bottom left hand corner of the window. These co-ordinates tell you the exact position of the cursor in the X direction (left to right) and the Y direction (up to down).

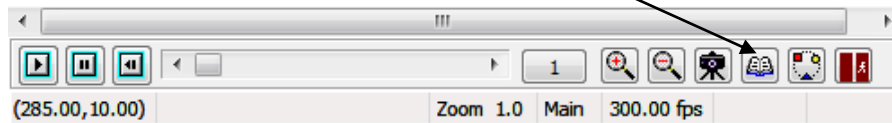


This allows you to pinpoint the exact location of the athlete displayed in Quintic.

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5. Memo Pad

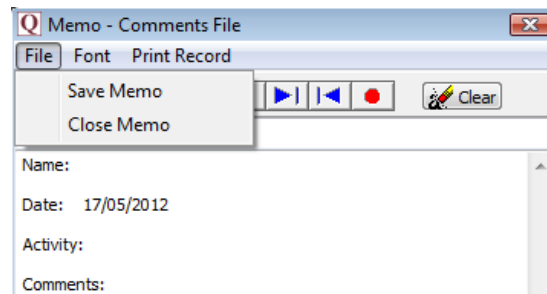
The memo pad, allows the coach or athlete to save audio or written notes about the performance to the video. Once saved all of these notes can be recalled at a later date, burnt to CD or emailed to another Quintic user.



a. Text Memo

Open the memo pad by clicking on the  button.


You can create a text document by writing inside the open memo pad window. If you wanted to save the notes so that they could be recalled at a later date, click on the 'File' button and then click on 'Save Memo'.





b. Audio Memo


N.B. An internal or external microphone is needed for this function.


To produce an audio memo, open the memo pad by clicking on the  button.


To start recording of the audio memo click on the  button and speak into the microphone.


To pause the recording at any time click on the  button.

If you wish to resume recording click on the  button.

When you have finished recording the desired audio click on the  button.

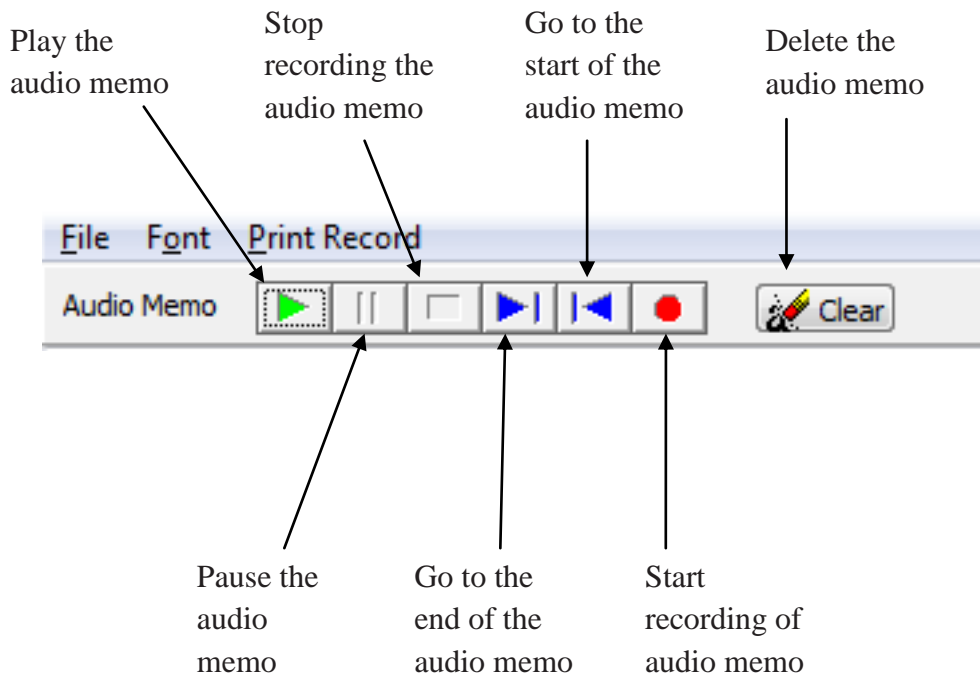
To play the recorded audio message click on the  button to reset the audio to the beginning.

Then click the  button to start playing the recorded audio.

To add further audio on to an existing memo click the  button to advance the memo to the end of the previous audio.

Then click on  to start recording the new audio.

If you wanted to save the audio so that it can be recalled at a later date, click on the **'File'** button and then click on **'Save Memo'**.




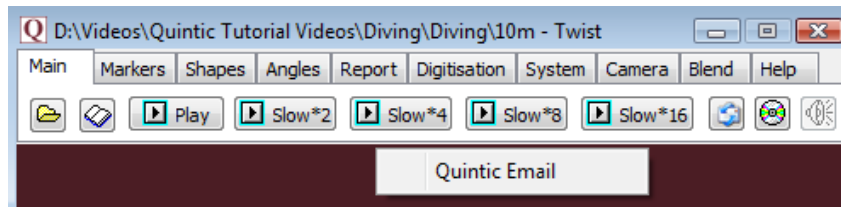
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6. Email

This function allows the user to email captured video files along with any analysis files (shapes, markers, memo pads etc) and the Quintic Player to anyone in the world.

Open the desired video file (see Page 3/4 - Opening a video file).

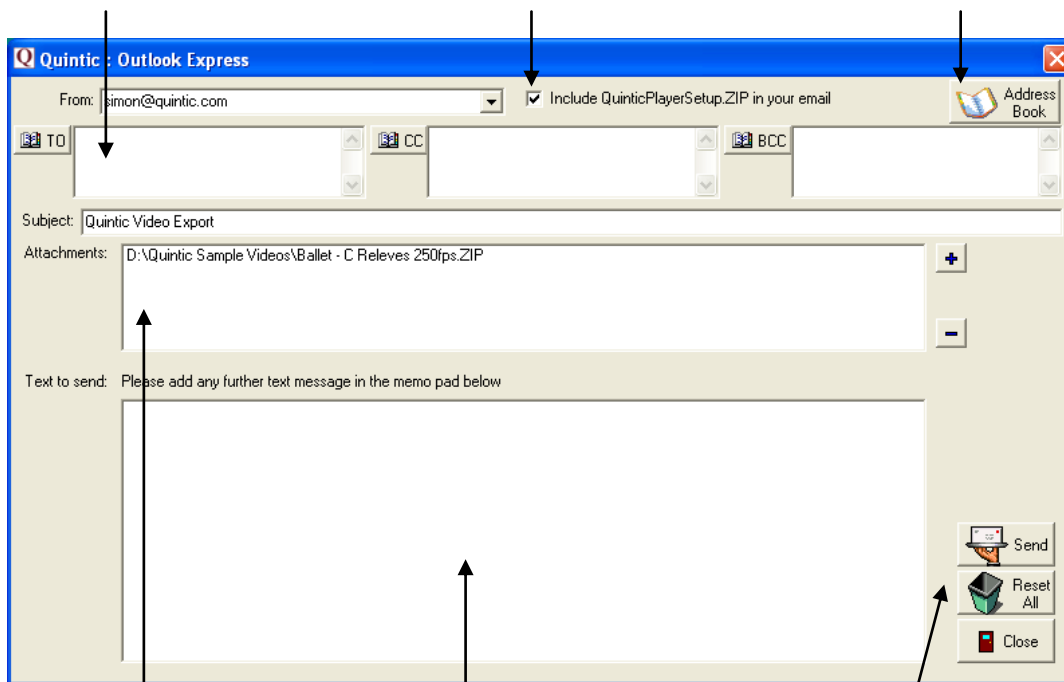
When the video has loaded click on the  button to open the email function then select **'Quintic Email'** to open the email window.



Insert the recipients email address.

Tick the box to attach the Quintic Player to the email.

The address book allows you to use saved email address from your Outlook Express Account.



All of the analysis files get attached to the email automatically. If you wish to add or remove any files use the '+' or '-' buttons.

Click inside the message window to add any additional text.

'Send' sends the completed email to the recipient.

'Reset All' resets the email to its default settings.

'Close' closes the email window and returns you back to the Quintic Main screen.

7. Copy to CD

This function allows the user, to burn captured video files along with any analysis files (shapes, markers, memo pads etc) to a CD for back up, or to allow the user to send videos and analysis to other coaches or athletes.

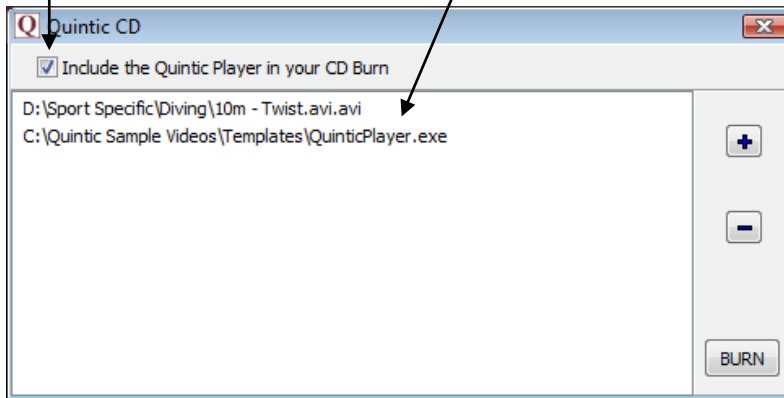
Open the desired video file (see Page 3/4 Opening a video file).

When the video file has loaded click on the  button to open the burn to CD function.


The open video and any analysis files will automatically be added to the CD.

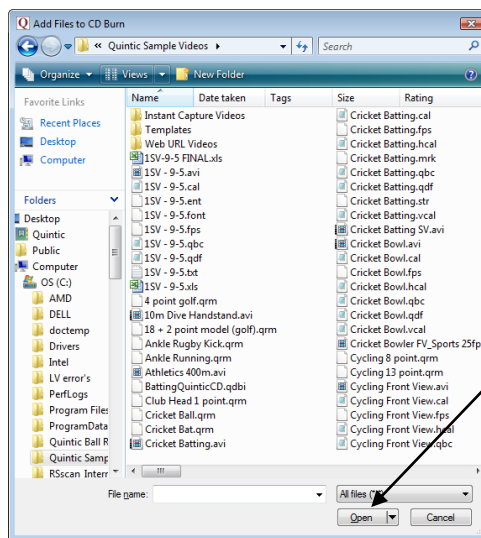
Tick the box to attach the Quintic Player to the CD.

The current video and any analysis files get added to the CD automatically.




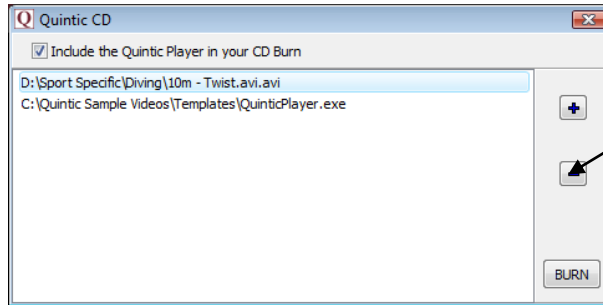
a. Adding and Removing Files from a CD


To add files to the CD click on the  button, this will open the following screen:



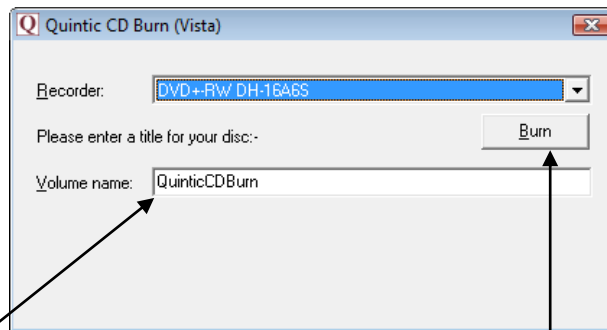
Select the file(s) you wish to add and click on the **'Open'** button to add them to the CD.

To remove any files from the CD, highlight the file(s) you wish to remove and then click on the  button.



Click on the file(s) you wish to delete and then click on the  button.

When you have finished adding files to the CD, click on the **BURN** button this will open the following window:



Give the CD an appropriate name.

After giving the CD an appropriate name, insert a blank CD into the CD drive and click on the **'Burn'** button.

The files will now be automatically burnt to the CD and when the CD writing has completed the CD will be automatically ejected.

Question Sheet

1) Try opening a number of the other video clips in the tutorial folder. Watch and write down the name of a video clip showing:

- a) Something being hit (1)
- b) The cricket bowler (1)
- c) Someone doing a handstand (1)
- d) Someone spinning around in a circle (1)

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2) Play the video of the diver at all different speeds .
(Play, Slow*2, and Slow*4, Slow*8, Slow*16)

3) What happens when you press this button  ?
..... (1)

4) How many frames does the video move when you click the video scroll bar?
..... (2)

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5) Set the zoom at 1.0. In Frame 95, what are the coordinates of:

a) The corners of the video:

- | | |
|-----------|----------|
| X = | Y =..... |
| X = | Y =..... |
| X = | Y =..... |
| X = | Y =..... |

b) The diver's chin

X = Y =

c) The tip of the diver's toes

X = Y = (12)

6) Set the zoom at 3.0

In Frame 95, what are the coordinates of:

a) The diver's chin X = Y =

b) The tip of the diver's toes X = Y =

In Frame 150, what are the coordinates of:

c) The diver's chin X = Y =

d) The tip of the diver's toes X = Y =

In Frame 167, what are the coordinates of:

e) The diver's chin X = Y =

f) The tip of the diver's toes X = Y =

In Frame 186, what are the coordinates of:

g) The diver's chin X = Y =

h) The tip of the diver's toes X = Y =

In Frame 197, what are the coordinates of:

i) The diver's chin X = Y =

j) The tip of the diver's toes X = Y =

In Frame 218, what are the coordinates of:

k) The diver's chin X = Y =

l) The tip of the diver's toes X = Y =

(12)

7) Do you think that one set of coordinates is more accurate than the other? Explain your answer.

.....
.....
..... (3)

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8) In amongst the video clips in the ‘**Athletics**’ folder there is a secret message stored on the memo pads. Find the words and rearrange them to make a sentence:

.....

Rearranged:

..... (2)
(/ 37)

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