

Quintic Software

Tutorial 3

Take a Picture

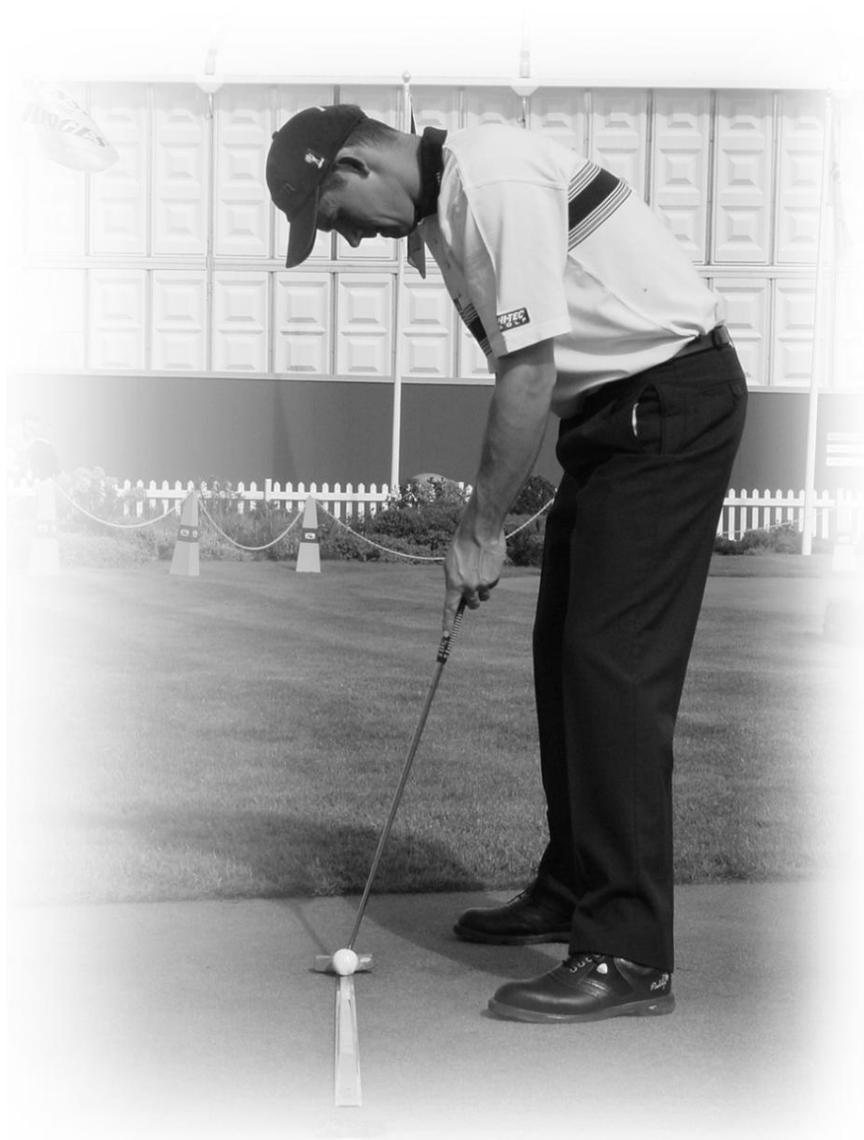
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QUINTIC®

1. Photo

Open the video ‘**Long jump – female**’ from the ‘**Athletics**’ folder.

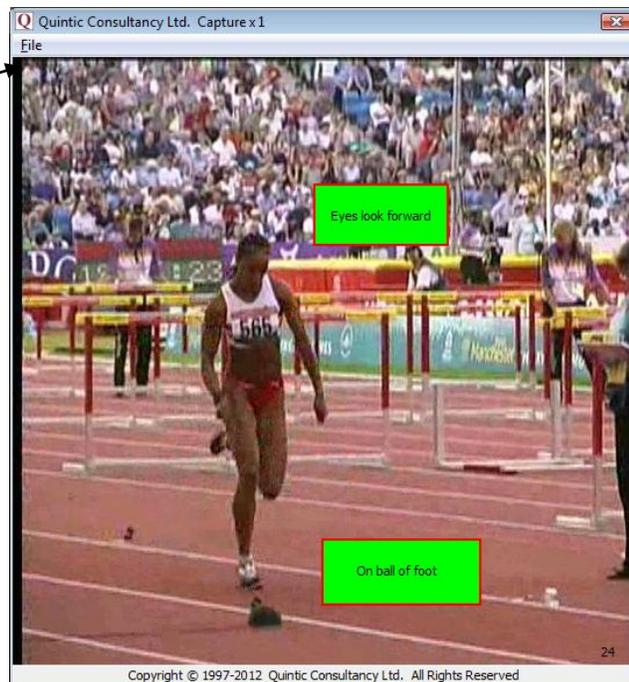
You are now going to learn how you can use the photo function to create a picture that could be used for a presentation.

Go to the ‘**Markers**’ tab and select the first marker (frame 24).

Go to the ‘**Shapes**’ tab and click the  button to load shapes.

Click on the still camera button  in between the zoom and the memo pad buttons. The image below should then appear.

Click on the ‘**File**’ options in the top left hand corner and ‘**Save as JPEG**’ to save the image.



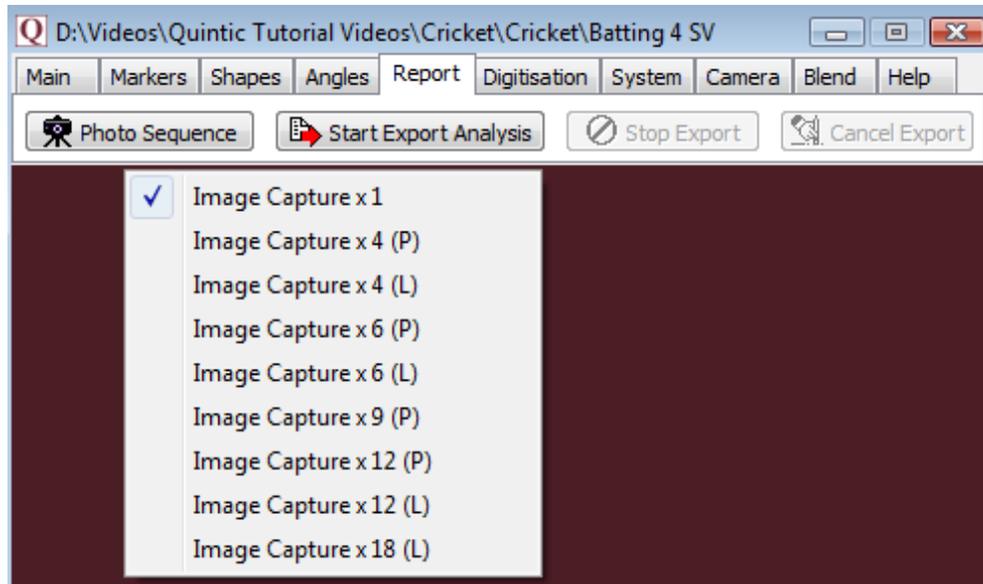
Try importing this into a Word document or a PowerPoint presentation.

GO TO QUESTIONS 1 AND 2 ON THE QUESTION SHEET (PAGE 11)

2. Photo Sequence

You can create a four, six, nine, twelve or eighteen photo sequence by using the **'Photo Sequence'** function. Scroll the video file to the frame at which you want to make the first capture.

Under the **'Photo Sequence'** tab select the number of images you would like in the sequence. You also have the choice of the way it will be displayed, portrait (P) or landscape (L). Experiment with these to see which is more suitable for your display.

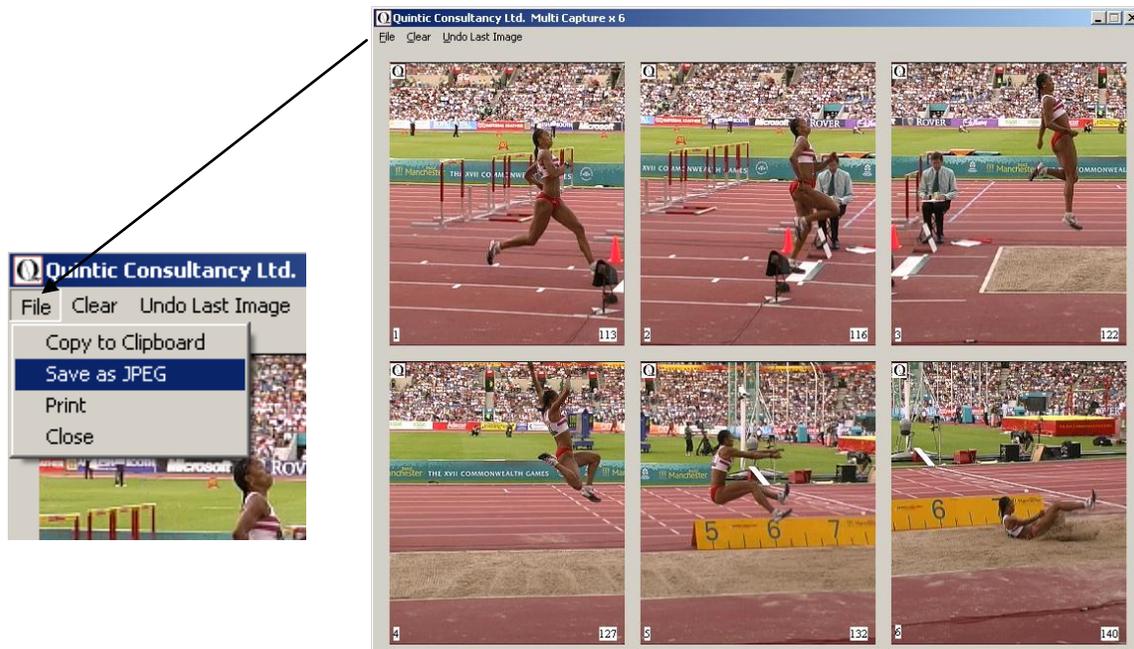


You may be given the choice of **'Vertical'** or **'Horizontal'** mode. The choice you should make depends on which sporting image you are using and which shape of screen fits it best. Once the computer sets the window at either the vertical or horizontal mode do not change the size of the window, as you will not be able to create a multiple screen capture. Use the vertical and horizontal scroll bars to fit the athlete into the screen ready for the picture to be taken.

The **'Photo Sequence'** function can also be used in conjunction with the dual screen function allowing the user to produce a photo sequence containing images from two synchronised videos. Set both screens to the horizontal or vertical mode.

Click on the camera button  at the bottom of the screen.

This will transfer the image into the first of the capture screens. Scroll to the other frames you want to include in the sequence and click the camera button each time.



Click on **'File'** then save the image as a JPEG. Try opening the image in a Word document or PowerPoint presentation.

GO TO QUESTIONS 3 AND 4 ON THE QUESTION SHEET (PAGE 11)

a. Add shapes and angles.

The shapes and angles functions you learnt earlier can be applied and used for presentations with the **'Photo Sequence'** function. Shapes and angles can be drawn on the image before the camera button is pressed and then cleared by using the delete  button before the next image is captured for the sequence.

GO TO QUESTIONS 5, 6 AND 7 ON THE QUESTION SHEET (PAGE 12)

2. Export Analysis

Insert Lines, Shapes and text into the video

Export Analysis allows the user to create an additional *.avi file that includes any shapes, angles or text that has been added to the video. This video can then be viewed in any version of the Quintic software including the Player, thus allowing the user to view an athlete's technique with the relevant coaching points overlaid.

Creating a new *.avi

Open a video file using the  button. Highlight the filename and click '**Open**' or double click the desired *.avi file to open it in the Quintic window.

Once the video has been loaded resize the Quintic window by clicking in the bottom right hand corner and dragging the window in until it looks like the example below.

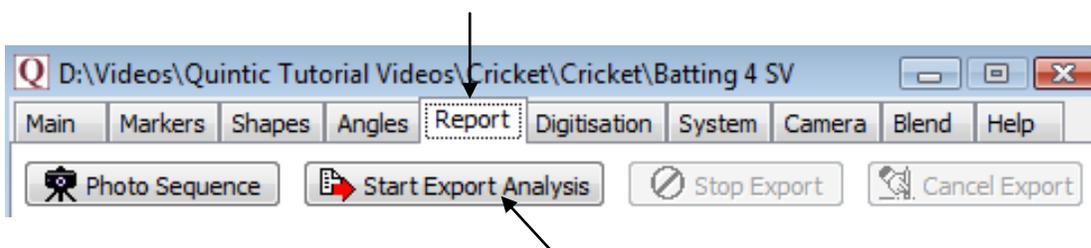


Hold down the left mouse button and resize the window

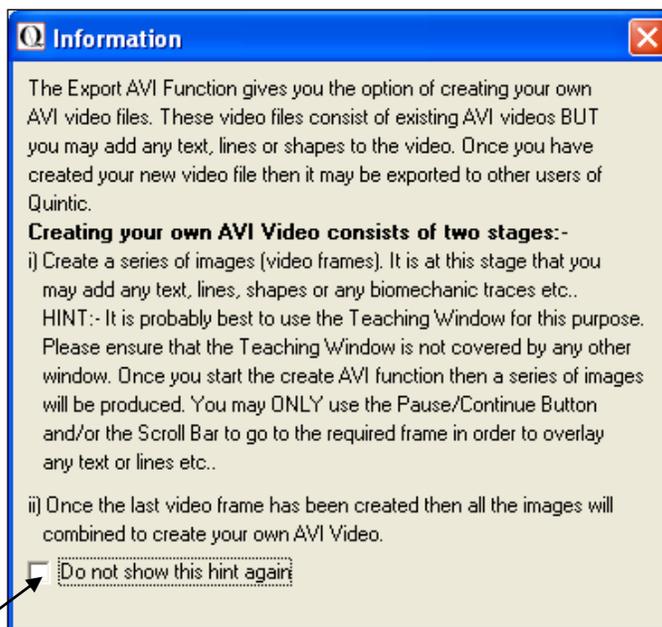
For ease we also advise that you open the ‘Shapes’ and ‘Angles’ floating toolbars, by clicking on the tab to open the desired window and then right click on the tab (See Tutorial 2).



Open the Export *.avi menu by clicking on the ‘Report’ tab.



To start the Export Analysis click on the ‘Start Export Analysis’ button. The following dialogue box will appear.



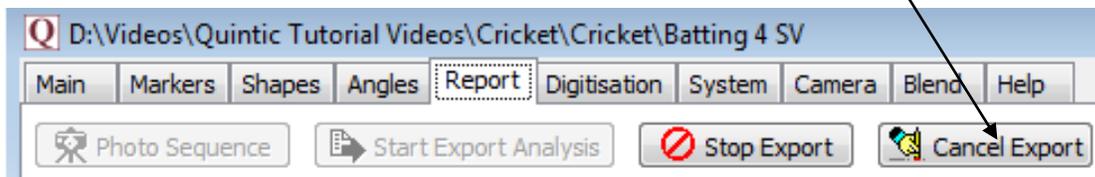
Once you have read the following information (if you wish) you can check the tick box so that the dialogue window doesn’t appear in the future.

The video will now automatically play through frame by frame from the start. As soon as a shape or angles tool is selected the video will pause allowing the user to add shapes, text or angles to the frame. Add the shapes angles or text to the paused video once happy with the frame click on the  button to continue playing the video or scroll the video through frame by frame. These shapes will now be inserted and saved onto every frame until the end of the video or until the shapes are deleted.

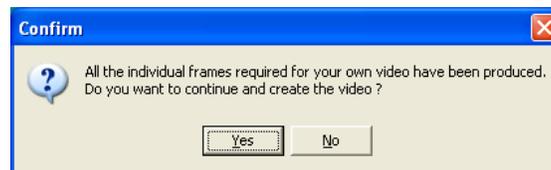
The inserted angles, shapes and text will be saved automatically to the frame when the video is advanced to the next frame. E.g. If you want a certain shape to appear in frames 20-40, pause the video at frame 20 draw the shapes/text or angles onto the video and then play the video or scroll the video through to frame 41. Delete the shapes off the video. Now you can either draw more shapes on the video or play the video through to the end.

If you don't want to export the full video, click on '**Stop Export Analysis**' at any time this will export the video analysis up to that frame creating a smaller video all of your analysis on.

If you wish to cancel exporting the AVI click on the '**Cancel Export**' button this will reset the video back to the start and cancel the Export Analysis process.

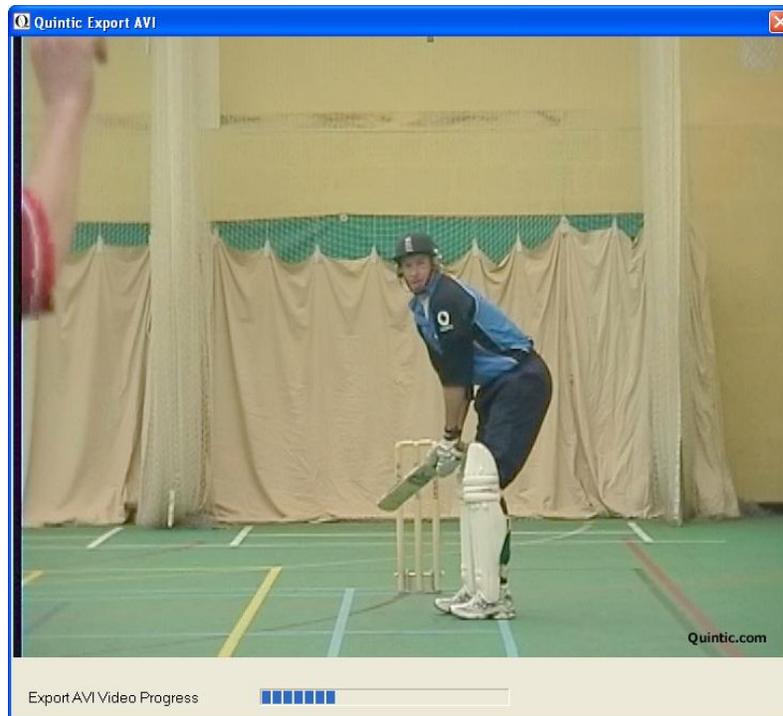


To complete Export Analysis scroll or let the video play to the end and the following dialogue box will appear.



After clicking on the '**Yes**' button you will be asked to give the *.avi file a name as well as selecting the directory that it is to be saved to then click on the '**Save**' button.

The following window will now appear while the Quintic software exports the *.avi file. While the video is exporting the video will also play in this window allowing the user to review the exported analysis. When the status bar has reached the end the *.avi has been successfully exported.



After the *.avi has finished playing the dialogue window above will appear. To view the exported *.avi click on the 'OK' button and then open the file in the main or best window by clicking on the  button.

This file can now be copied onto a CD and viewed with any level of the Quintic software including the player.

To view examples of Export Analysis load files '**Driver_SV**' located in the '**Golf**' folder or '**Rowing_SV**' located in the '**Rowing**' folder.

Question Sheet

RECAP

Open 'Long jump – female' from the 'Athletics' folder.

- 1) Set markers: once during the run-up, once at take-off, twice during the air, once on landing, and once lying in the sand. Save these markers.
- 2) At Take-off, draw the following shapes:
 - a) A thin, green horizontal line that passes through the athlete's eyes.
 - b) A thick, yellow vertical line touching the athlete's nose.
 - c) A red angle line showing the right knee angle.
 - d) A very thin blue circle around the athlete's right hand.
 - e) A box with a red background in a corner of the image with your name in it.
- 3)
 - a) Clear all the drawings from the clip.
 - b) Now arrange 3 boxes around the image. In each of them write a comment about long jump technique you can see about a different area of the body. (e.g. Where is the long jumper looking? How bent is their knee?).
 - c) Save the boxes on the image.

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QUESTIONS

1) Take a single image capture of the long-jumper and boxes you constructed earlier. Save this image as a JPEG to be recalled later. Ask your teacher if you can print this.

(4)

2)

(i) Pick an image from another sport.

(ii) This time arrange 5 boxes around the image and in each of them write one comment about their technique you notice about a different area of the body.

(5)

(iii) Take a single image capture of this and save it as a ‘JPEG’.

(2)

(iv) Ask your teacher if you can print this.

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3)

(i) Using the video ‘**Long jump – Female**’ and the markers you created earlier in the ‘RECAP’ section create a 6 frame sequence.

(**Hint:** remember you can scroll the screen left or right and up or down to make sure the jumper fits into the capture screen.)

(ii) Save this as a JPEG and ask your teacher if you can print it.

(3)

4)

(i) Open the video ‘**High Jump 50fps**’ from the ‘**Athletics**’ folder.

(ii) Create a 12 frame sequence of the jump.

(3)

(iii) Name two possible uses for the multi-frame capture function...

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..... (4)

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5)

- (i) Open the video **‘Long-jump – female’** from the **‘Athletics’** folder.
 - (ii) Scroll to the frame at which the jumper takes off. Draw the angle between the jumper’s hip, knee and ankle as a green line. Capture this as the first image of a 9 frame sequence.
 - (iii) Complete your 9 frame sequence showing the angle between the jumper’s knee, hip and shoulder from this point until landing.
 - (iv) Save this multiple screen capture as a JPEG and ask your teacher if you may print it.
- (5)

6)

- (i) Open the video **‘10m - Twist’** from the **‘Diving’** folder.
- (ii) Create a 12 frame sequence using the ‘angle to the vertical’ function along the length of the diver’s body (draw the line shoulder to hip if the body is not completely straight).
- (iii) When has the diver completed their first complete somersault? (Hint: the diver begins with their body creating a 0° angle to the vertical.)

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..... (2)

- 7) For a video clip of your choice create a 12 frame sequence which features a different kind of shape or angle on each frame. Use this to show the variety of functions you have learned by changing the colour, thickness and background to your shapes. When you have finished, save it as a JPEG and ask your teacher if you may print it.
- (5)

(/ 37)

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