Quintic Software

Tutorial 1
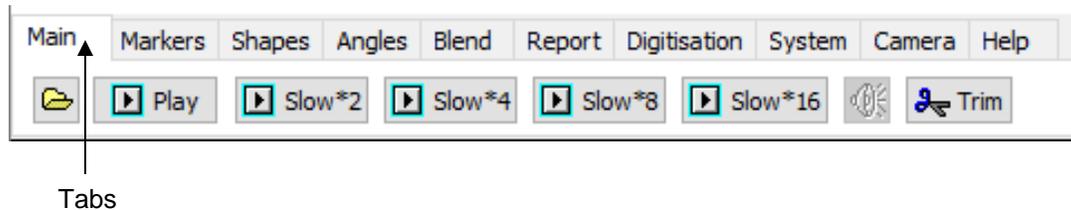
Getting Started

v33

Contents Page

1. Playing a Video

Double click on the **'Quintic'** icon on your computer screen to launch the software.

Opening a Video File

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

Tabs

The window should look like the above example regardless of which level of Quintic software you are using.

To use the tutorials, download the tutorial video files which can be found at https://www.quinticsports.com/quintic-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.

This will then open a new window, where you simply find the video you want to open by browsing the files on the PC.

* Practical Example *

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.

<p style="text-align:center; color:red;">GO TO QUESTION 1 ON QUESTION SHEET</p>
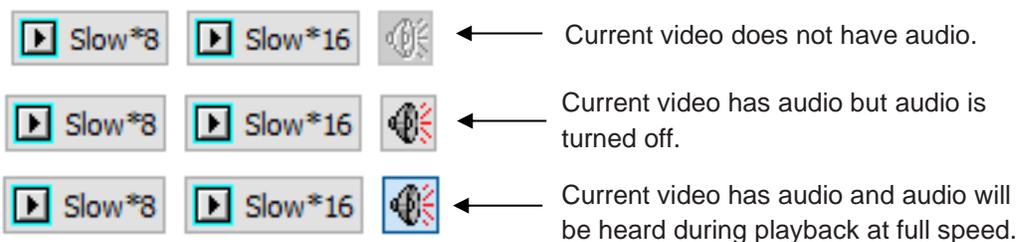
2. Play at Different Speeds

When a video is open within Quintic software, you are able to playback the video at different speeds. You can do this by pressing **'Play', 'Slow*2', 'Slow*4', Slow*8', 'Slow*16'.** When these buttons are pressed, the video will start playing from the beginning.
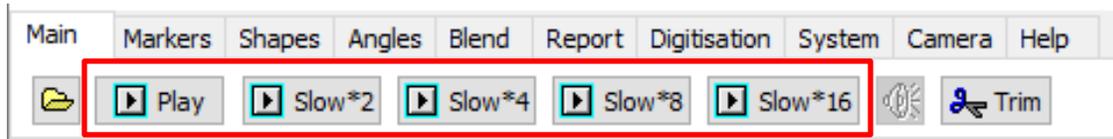
It is possible to change the playback speed of the video whilst the video is playing. Right click on the "Pause/Continue" button in the bottom left hand corner. A pop-up menu will appear with the choice of "Play", "Slow*2", "Slow*4", "Slow*8" and Slow*16". Now select the playback speed you require and the video playback speed will change without stopping the video.
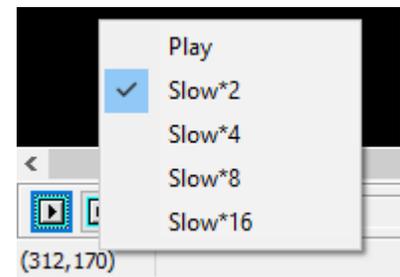
If a video has sound, the audio button will become live, allowing the video to be played with audio at full speed. To play the video with audio, click on the speaker button so it becomes selected:

Current video does not have audio.

Current video has audio but audio is turned off.

Current video has audio and audio will be heard during playback at full speed.

* Practical Example *

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.
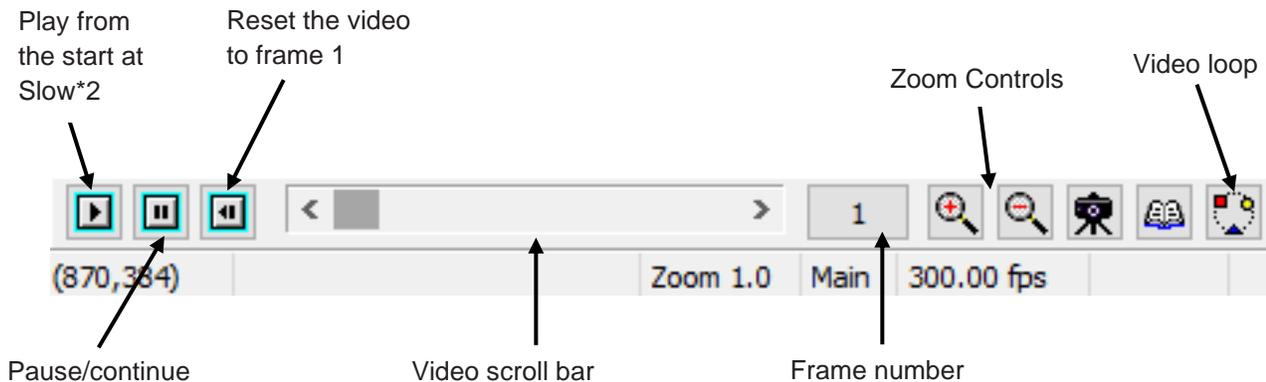
GO TO QUESTIONS 2, 3 AND 4 ON QUESTION SHEET

3. Viewing Controls

At the bottom of the windows there are controls for viewing the video
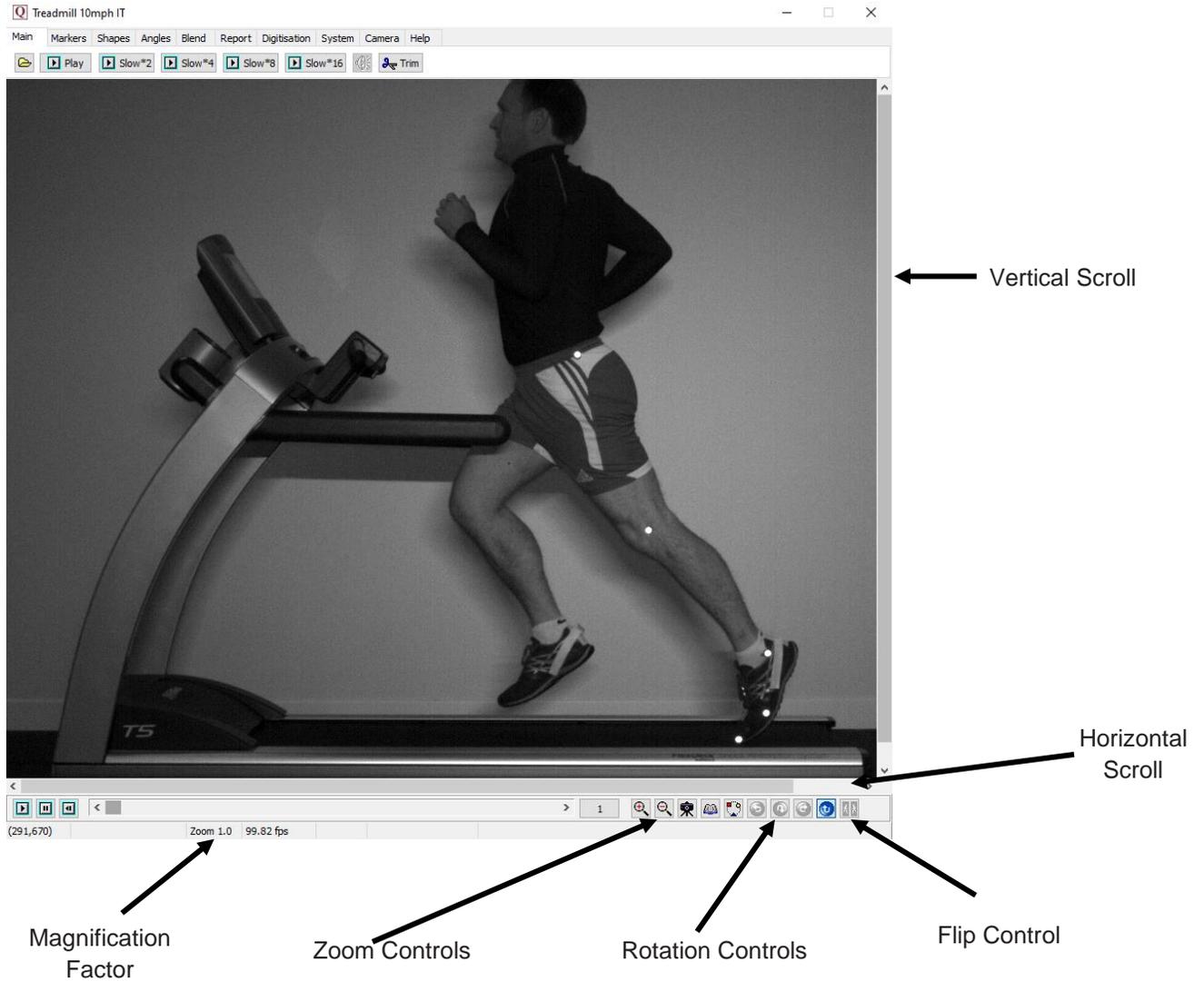
NB: When the orientation of the image is altered, the origin (0,0) remains in the bottom left hand corner of the video.

Experiment with these buttons. The frame number is displayed in the box next to the video scroll bar. Users can also see the current frame and the total frames for the video. This is activated by clicking the Frame Number next to the scrollbar. This allows the user to click between the current frame number and the current frame number/total frames of the video.
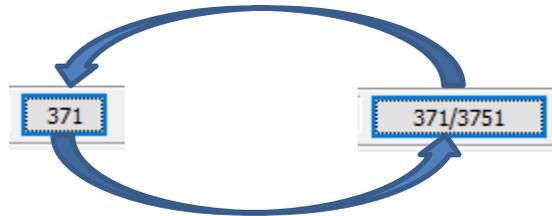

To move the video forwards or backwards, one frame at a time click on the scroll bar arrows.

If you click within the scroll bar, either side of the current frame position, this will either go forward 10 frames at a time (Right of the bar) or go backwards 10 frames at a time (Left of the bar).

The video can also be advanced by using the arrow keys on the keyboard. The right arrow key will move the video forwards one frame at a time, whilst the left arrow key will move the video backwards one frame at a time.

Users can show the current time and the total time for the video in seconds. To display the time readout, go to the Help Tab, then Help, then Settings. At the bottom of the settings menu, you will see 'Show Video Time Position.' Please click this on to show the Time readout or leave it unticked to hide the time readout.
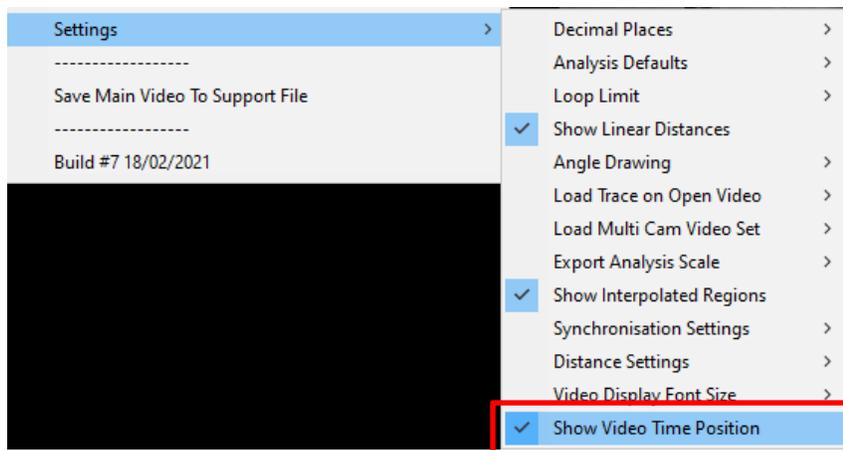
Once 'Show Video Time Position' is activated, the time readout will appear underneath the scrollbar

4. Co-ordinates

When the cursor is moved around the screen, co-ordinates 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 (bottom to top).

Coordinates
(0, 0)

Y

X

(826,491)   Zoom 1.0

Co-ordinates of the cursor
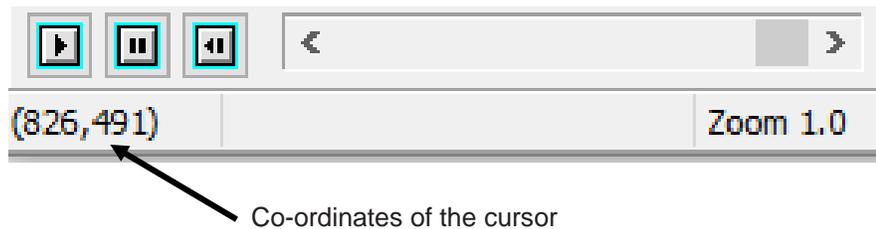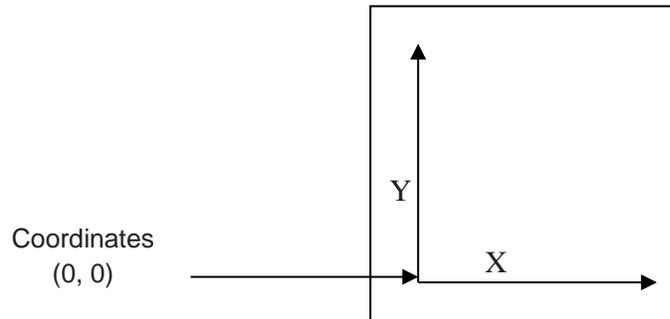
This allows you to pinpoint the exact location of a point of interest displayed in Quintic e.g. Ball, Hip Joint, Shoulder Joint etc.

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.

a. Text Memo

Open the memo pad by clicking on the [icon] button.

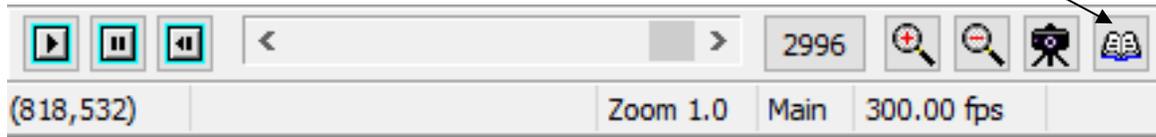You can create a text document by writing inside the open memo pad window. If you wanted to save the notes so that they could be recalled at a later date, click on the **'File'** button and then click on **'Save Memo'**.
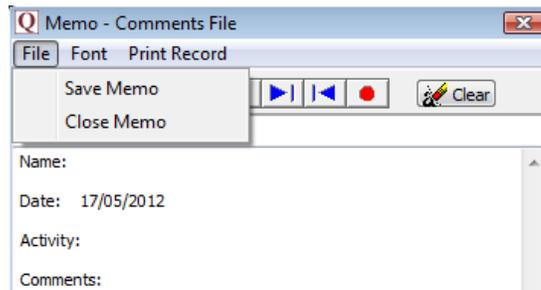
b. Audio Memo

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

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

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

To pause the recording at any time click on the [icon] button.

If you wish to resume recording click on the [icon] button.

When you have finished recording the desired audio, click on the [icon] button.

To play the recorded audio memo 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'**.

Play the audio memo

Stop recording the audio memo

Go to the start of the audio memo

Delete the audio memo

File Font Print Record

Audio Memo [▶] [‖] [□] [▶|] [|◀] [●] [🖌 Clear]

Pause the audio memo

Go to the end of the audio memo

Start recording of audio memo
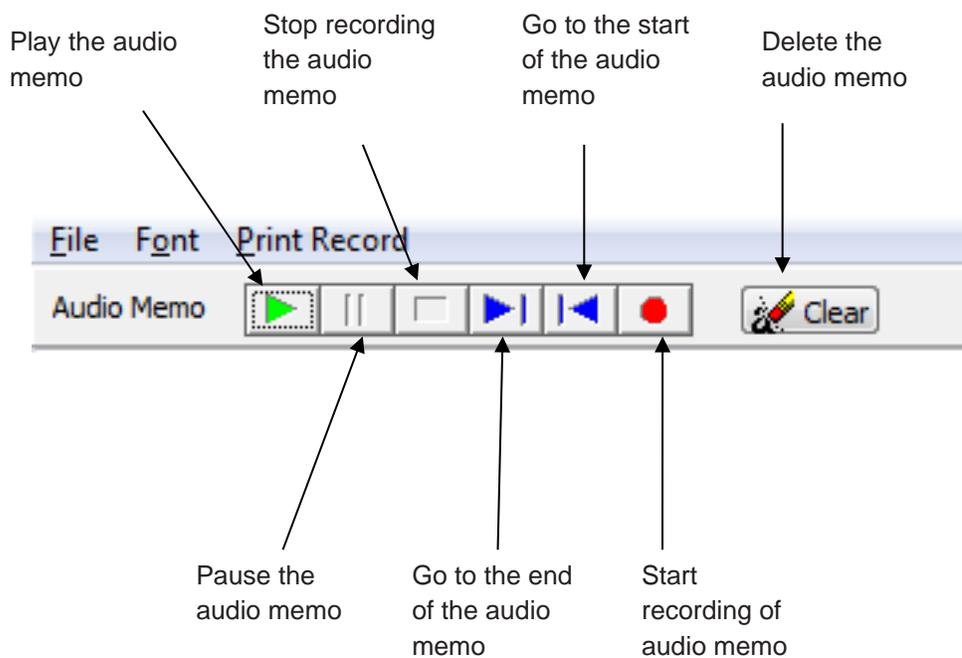
c. Default Memo Pad

Clients who want to use a consistent format for the information they record are able to create a set default in the memo pad.
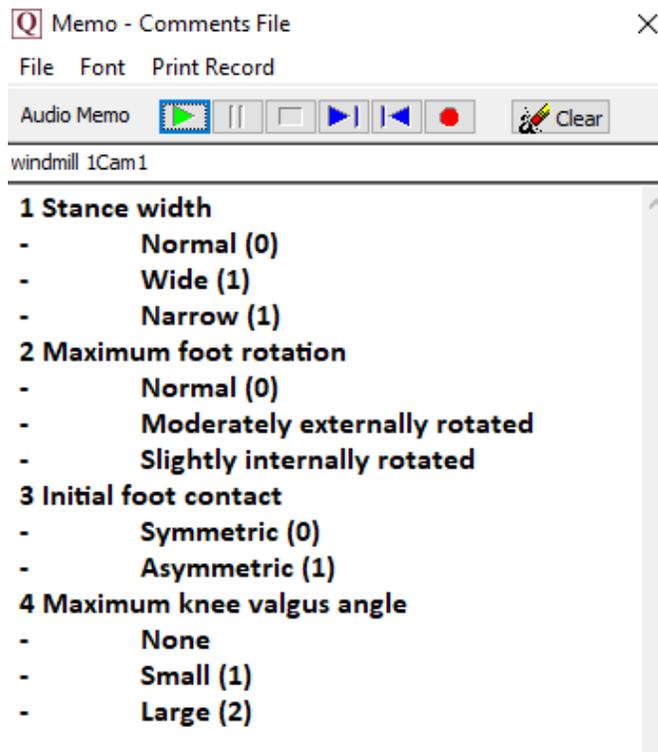
To create your own Default memo pad, please click on the 'Default Memos' option within the Help menu. It is recommended that this should be done without a video being open within the software.

Once clicked, this will bring up the Default Memos window
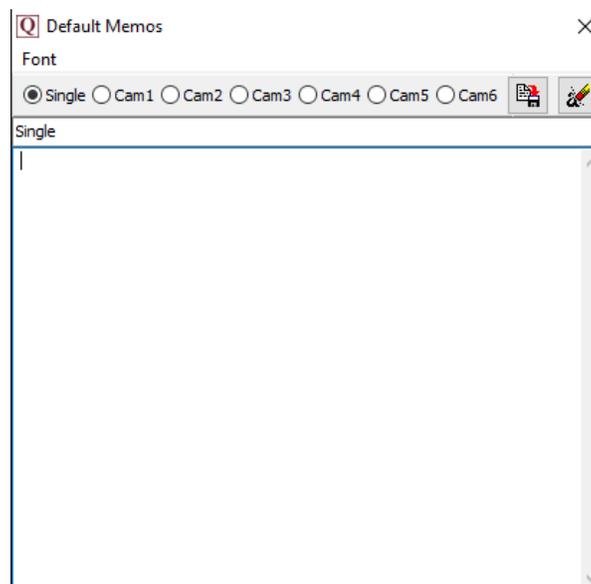
Simply type (or copy and paste in) your preferred default memo options. You are able to change the font of the memo by going into the font tab. You are able to do this for a single video, as well as for each camera if opening a video from a multi-capture recording (i.e. Cam1, Cam2, Cam3, Cam4, Cam5, Cam6).

Once you are happy with your default memo, click the Save ▣ Button.

🖌 This button will reset to the default memo.

6. Trimming a video

Click "Trim" in the main Quintic window. This will bring up a pop-up window with options for choosing the length of the video to be trimmed. You are also able to select the video codec used to compress the video file when it is saved.
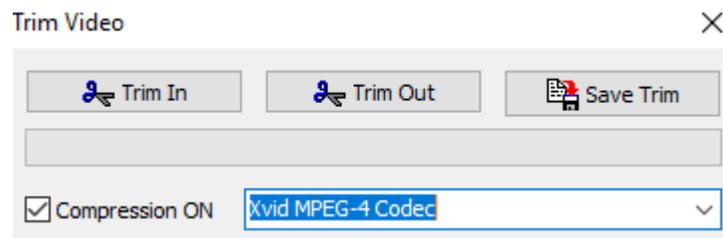
Scroll through the video to the frame that you want to begin the trimmed video from, and click "Trim In". The frame number you chose will now appear alongside "Trim In" on the button. Repeat this for the frame you want the video to end at.

If you wish to use compression when saving the video then tick the box labelled "Compression ON" and select the relevant codec from the drop-down menu to the right of the box. However, when using compression in the form of codecs, ensure you have enough frames either side of the movement you wish to analyse. This is because codecs can sometimes cause corruption of the first 3 – 4 frames. The video will can still be viewed, but data in the first few frames will be lost.

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)

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) a) How many frames does it move forward each time you press the arrow on the right of the video scroll bar? ……………………………………………………………

b) How many frames does the video move when you click in the video scroll bar to the right?

……………………………………………………………..................................   (2)

5) Set the zoom at 1.0. In Frame 95 of the diving video, 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)

BACK TO TUTORIAL SHEET (PAGE 8)

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)

(/ 36)