

# Quintic Software

## Tutorial 3

Take a Picture

v33

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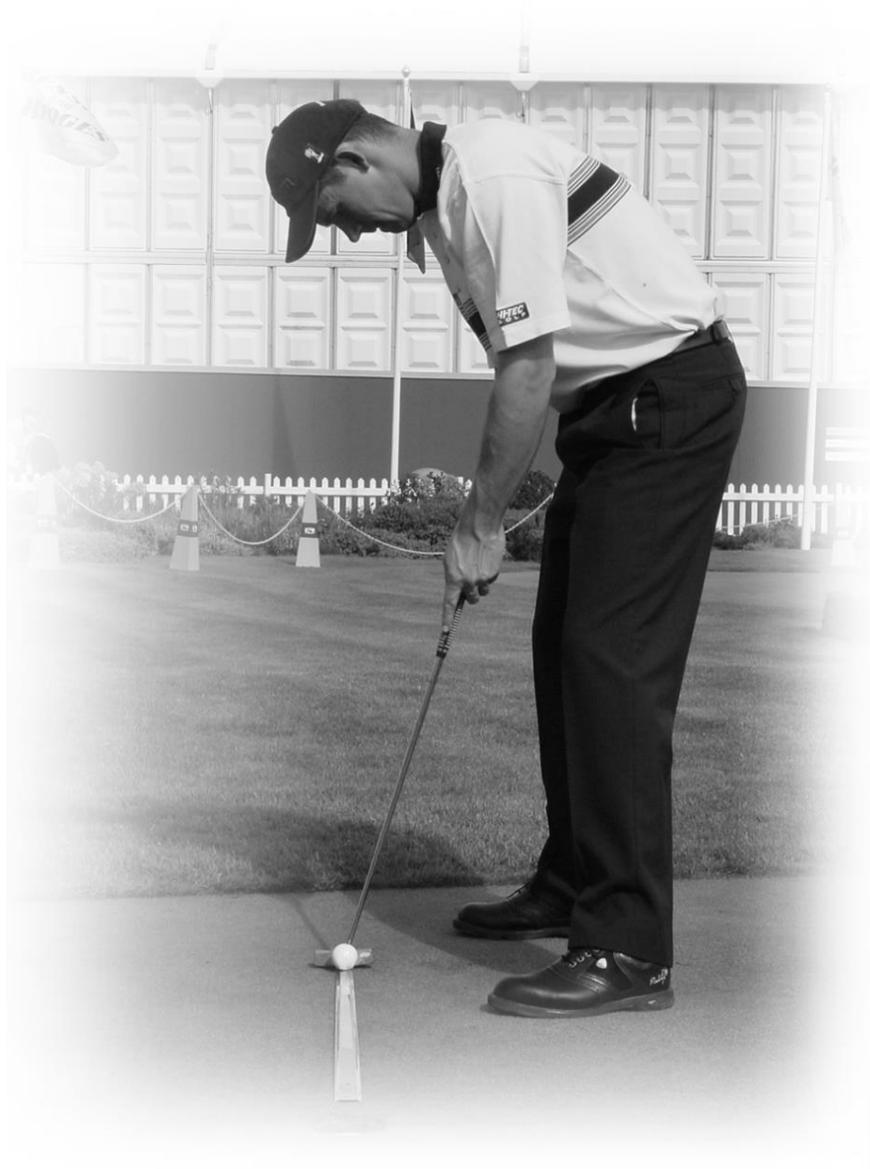
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**1. Photo**

**2. Photo Sequence**

a. Add shapes and angles

**3. Export Analysis**



## 1. Photo

When a video is open with the Quintic software, you are able to take a single still image of the video.

Click on the still camera button  in between the zoom and the memo pad buttons.

If you click on **'File'** in the top left-hand corner, you are able to 'Copy to clipboard' or 'Save as JPEG'

This picture could then be used for a presentation, case study or marketing material etc.

### Practical Example

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

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 **'File'** in the top left hand corner and **'Save as JPEG'** to save the image.

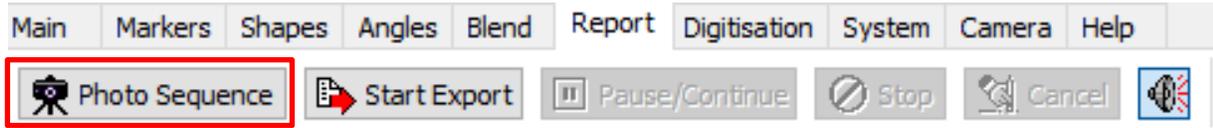


Try importing this into a Word document or a PowerPoint presentation.

**GO TO QUESTIONS 1 AND 2 ON THE QUESTION SHEET**

## 2. Photo Sequence

Users are able to create a photo sequence which can contain up to six columns and four rows of images (up to 24 images in total), captured from the video with Quintic. This is conducted by using the **'Photo Sequence'** function, which is accessed through the **'Report'** tab.



When the 'Photo Sequence' button is pressed, this will bring up the default photo sequence, which contains 4 images (2 columns, 2 rows), with the same aspect ratio of the video in the main window.

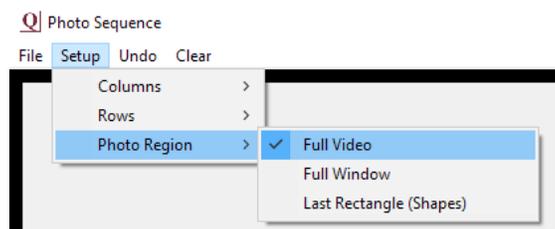


Simply scroll the video file to the frame at which you want to make the first capture. Click on the camera  button at the bottom of the screen.

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.

The '**Photo Sequence**' function can also be used in conjunction with the multi window function allowing the user to produce a photo sequence containing images from two or more synchronised videos.

You can change the photo capture region through 'setup' (see image to the right). This allows greater control over what region of the video you want to appear in the Photo Sequence.

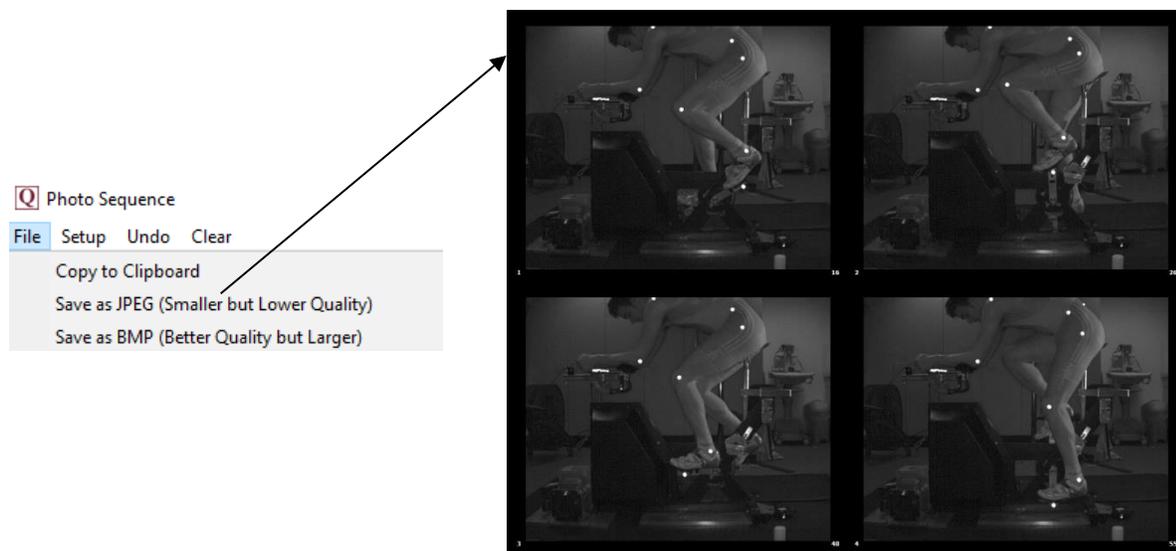


The options include:

*Full Video* – This will always include the full video irrespective of zoom/window size.

*Full Window* – This will take a photo of whatever is displayed in the window. For example if the video is zoomed in, and a picture is taken, this is what will be displayed within the photo sequence.

*Last Rectangle* – This will take a picture of the inside of the last rectangle that was drawn onto the video. This could be used to highlight a particular point of the video of interest.



Once you are happy with the photo sequence you have created, you are able to 'Copy to Clipboard', 'Save as JPEG' (Smaller File Size but Lower Quality) or 'Save as BMP' (Better Quality but Larger File Size). This can be done by going to File, then choosing your preferred option.

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**

**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 pointer

button  to select then double click to delete that shape, before the next image is captured for the sequence.

**GO TO QUESTIONS 5, 6 AND 7 ON THE QUESTION SHEET**

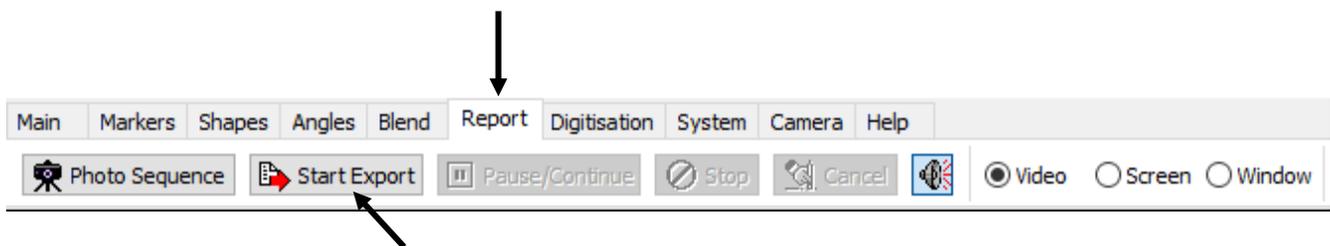
### 3. Export Analysis (Coaching & Biomechanics Only)

Export Analysis allows the user to create a new .avi video file that includes any shapes, angles, digitisation traces 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 video

Open the video you want to export within Quintic. Before starting export, scroll to the first frame you wish to export and set up the display (shapes/angles/traces etc) you wish to export.

To start Export analysis, click on 'Start Export' which can be found within the **'Report'** tab.



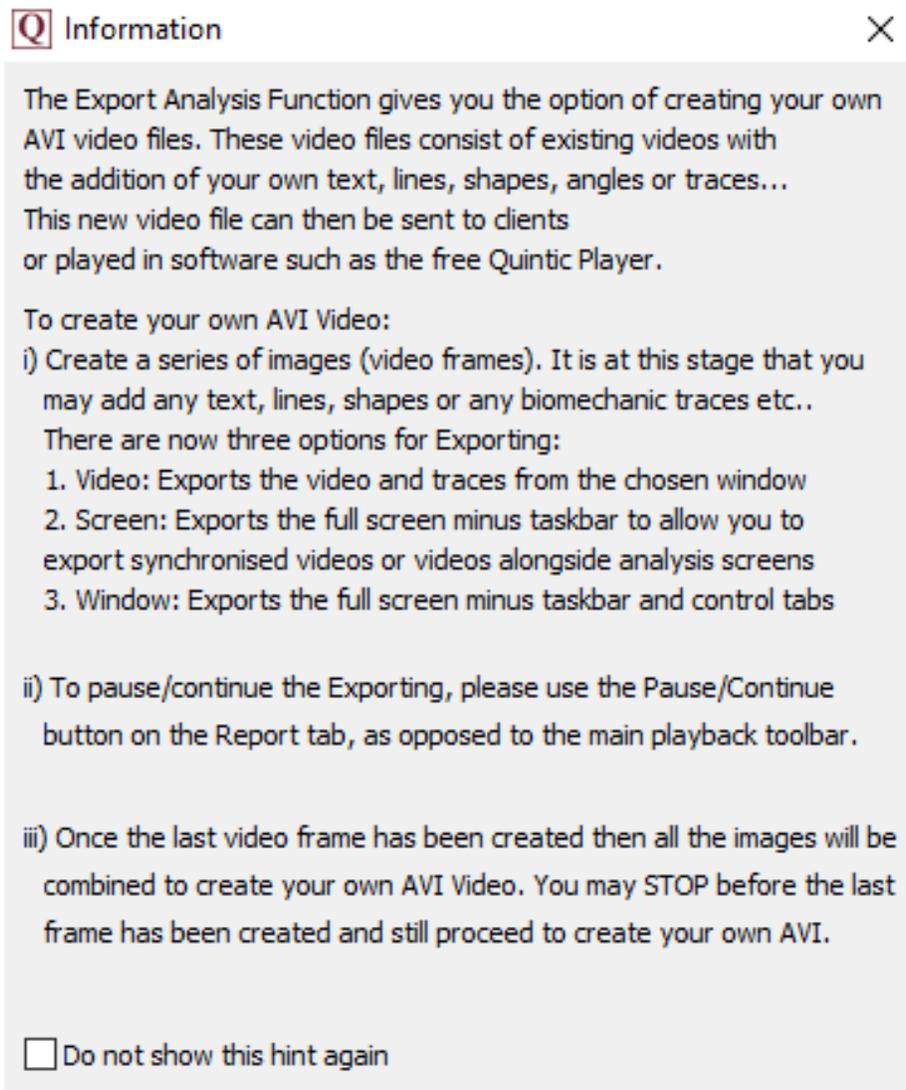
There are now three options for exporting videos:

Video – Exports the video and traces from the chosen window.

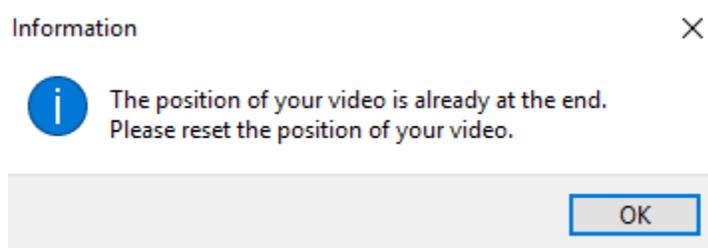
Screen – Exports the full screen minus the taskbar to allow you to export synchronised videos or videos alongside analysis screens.

Window - Exports the full screen minus the taskbar and control tabs.

This will bring up the following message when using export analysis for the first time. If you close the message using the X in the corner, the message will continue to appear every time export analysis is clicked. If you have read this message and would like it to never show again, please click, "Do not show this hint again."



If you are at the end of the video this dialog box will appear.



Click "OK", scroll the video to the correct frame and click "Start Export" again.

For ease users are able to open the '**Shapes**' and '**Angles**' floating toolbars, by clicking on the appropriate tab then right clicking it (See Tutorial 2). Please bear in mind if using the Window or Screen option these toolbars will also be visible.

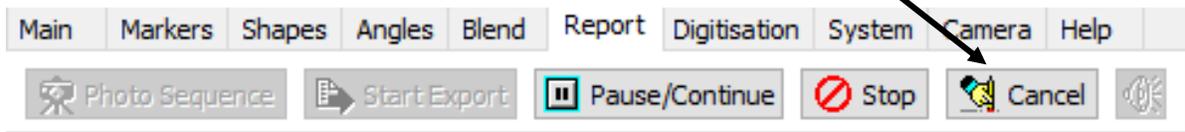


Once you have read the displayed message the video will automatically play through frame by frame from your chosen start frame. Should you like to add any shapes, angles or text to the video, simply press the pause/continue button and add the desired shape. Once happy with the frame, click on the pause/continue button to continue playing the video. These shapes will now be inserted and saved onto every frame until the end of the video or until the shapes are deleted.

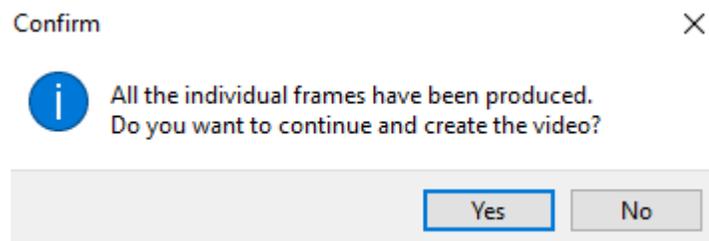
The inserted angles, shapes and text will be saved automatically to the frame when the video is advanced to the next frame. E.g. If you want a certain shape to appear in frames 20-40, pause the video at frame 20 draw the shapes/text or angles onto the video and then play the video or scroll the video 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**' at any time and this will export the video analysis up to that frame creating a shorter video with all of your analysis on.

If you wish to cancel exporting the AVI click on the '**Cancel**' button



Once the Export Analysis has been stopped or the video has reached the end frame, the following dialog 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.

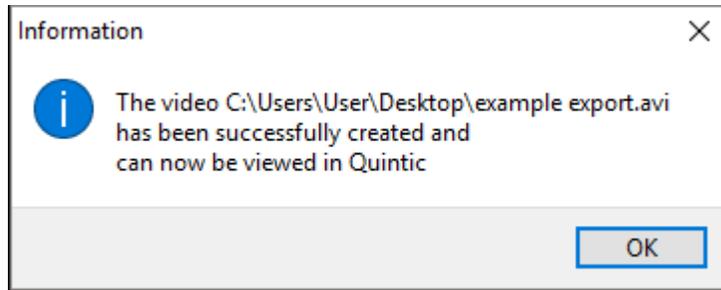
Before continuing with export analysis, you are able to choose whether to compress the exported video and what compressor to use. This is dependent on file type, as different

files need different levels of compression. Quintic recommend using the MJPEG-compressor.

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 dialog window below will appear.



To view the exported \*.avi click on the '**OK**' button and then open the file within the Quintic software.

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

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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 photo sequence.

(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 photo 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 in green. Capture this as the first image of a 9 frame photo sequence.

(iii) Complete your 9 frame photo 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 photo 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).

(4)

(iii) When has the diver completed their first complete somersault? (Hint: the diver begins with their body creating a  $0^\circ$  angle to the vertical.)

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

7) For a video clip of your choice, create a 12 frame photo 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)

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