



Film Making Workshop I: The shoot

# Question of methods: St. John Ambulance vs The Karate Kid



Earning the



- Workshop 1 (2 hours): Film making technologies and techniques (with shoot)
- Workshop 2 (2 hours): Editing and sound design
- Practical Time (4 hours): Film making project(s) with demonstrated incorporation of workshop learning
  - Video output
  - Short (a paragraph or two) explanation of technologies and techniques employed and lessons learned

# Today's metashoot

- Documenting and promoting a, ahem, FilmMaking Workshop
- HD resolution, 30 FPS, landscape orientation
- Audience: graduate
- Multi voice narration (overdub)



# Green Screen Static/tripod

“In your time at UNB you will develop research competencies and kindle professional ambitions

A man with grey hair, smiling, wearing a red velvet jacket over a black shirt. He is holding a brown teddy bear with a red shirt that says "University of". He is standing in front of a solid gold background. A large, glowing white circle is centered behind him. At the bottom of the image, there are several cartoon-style hands of different colors (orange, yellow, blue, red) reaching up and clapping. The text "Green Screen Static/tripod" is overlaid on the left side in a grey box.

Green Screen  
Static/tripod

"Inspiring dreams of future success."

A film studio setup in a room with a drop ceiling. A large green screen is mounted on a pull-back/gimble system. Five people are in the scene: a man in a black t-shirt with 'AIR MAX' on it, a woman in a black hoodie and jeans, a man in a grey button-down shirt, and two others standing behind them. Professional lighting equipment, including two large softboxes on stands, is positioned around the group. A large black monitor is mounted on the right wall. A red fire alarm pull station is visible on the left wall. The floor is covered with a blue carpet.

# FilmMaking Studio Green Screen

## Pull back/gimble

“Give yourself a leg up along the way.”



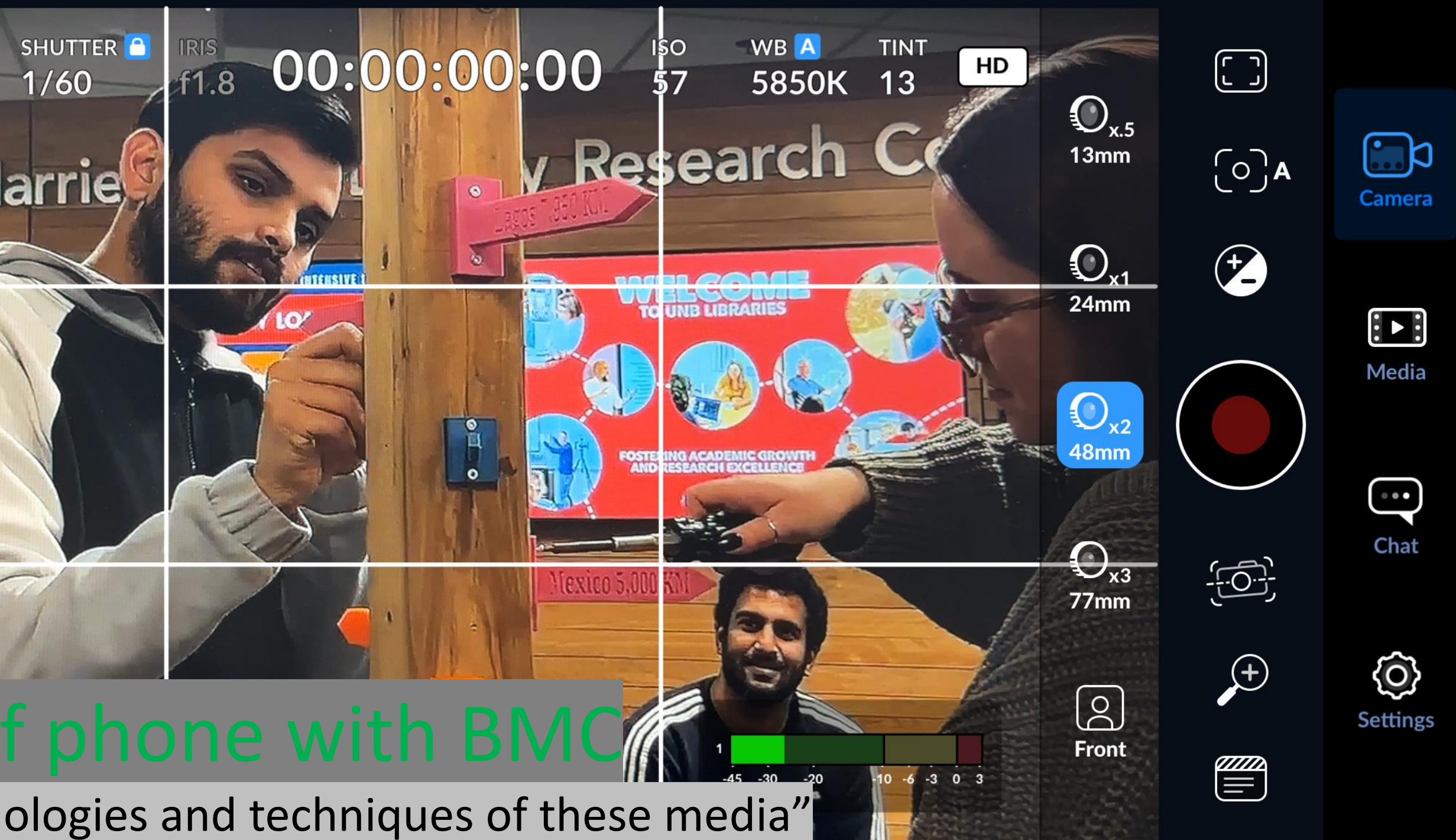
*Low gimble approach toward front of FMW*

"The HIL RC offers filmmaking and podcasting workshops..."



*Low angle rising choreography karate homage*

“...to build contemporary communication chops from the ground up”



f phone with BMC

ologies and techniques of these media”



Orbit in one direction while the “camera person” orbits the other way, high perspective

“And then practice them.”

A photograph of a recording studio. A man with grey hair, wearing a black long-sleeved shirt and black pants, is sitting in a grey office chair at a white desk. He is gesturing with his hands while speaking. A woman with long dark hair, wearing a dark blue top, is sitting at the desk facing him. There are two microphones on stands in front of them. The desk has a computer monitor, keyboard, and some papers. The walls are covered with purple and black acoustic foam panels. A teal wall is visible in the background. A wooden door is on the right side of the frame. A small wooden table with a lamp is next to the door. The ceiling has a skylight and a circular vent.

Open door / push in

“With every collaboration



Wide angle / low perspective, dolly

Close up of face

“And creative decision...”



Wide angle rising

"You're bringing yourself closer to the world"

# For each shot today:

- HD, 30FPS baseline (min. 60FPS for slo-mo), landscape orientation
- Composition (framing, distance, perspective, movement)
- Select the Lens (appropriate to the distance and composition)
- Determine Focus
- Exposure: balanced lighting, low shutter speed (1/60) and just enough ISO
- White balance: auto and lock
- Sound level: mid range gain (external microphone)

# Lenses: Perspective and Depth of Field





# Frames Per Second determine motion blur



# Frames Per Second (frame rate) conventions

- 24 FPS: Cinematic blur
- 30 FPS: Internet standard
- 60 FPS +: For crisp/jittery action shots OR slow motion (e.g., 120 FPS at  $\frac{1}{4}$  speed slots into your 30 FPS project)

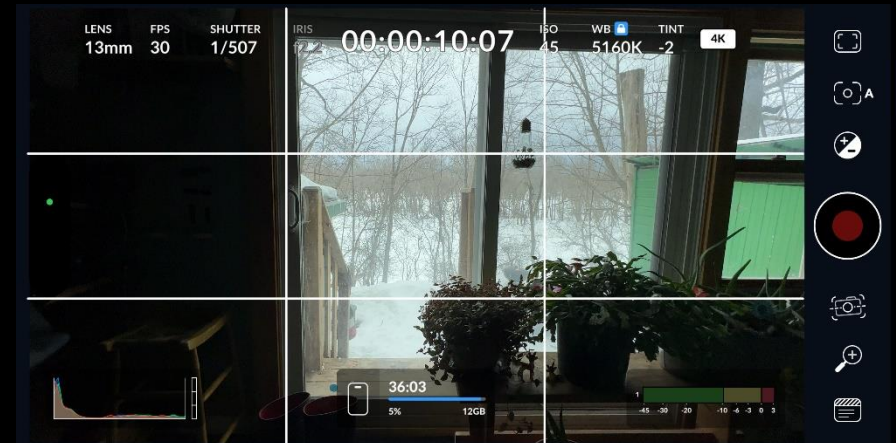
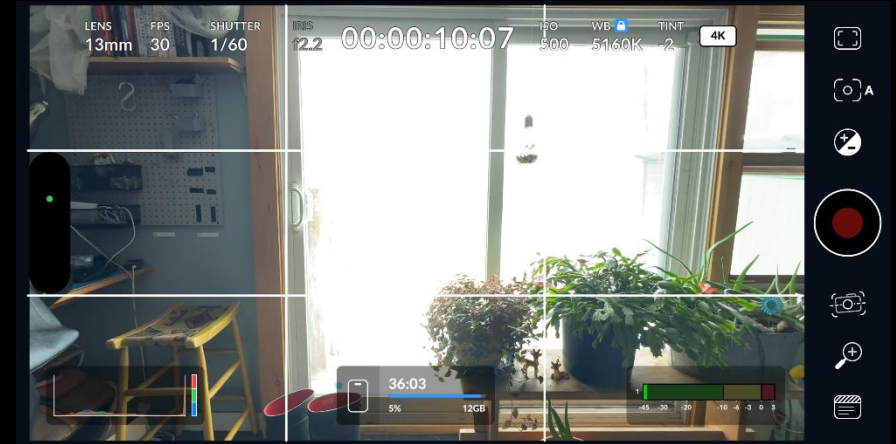
# Shutter Speed influences exposure and blur

(Recommended  $1/2 \times \text{FPS}$ )



# Exposure and Dynamic Range

- Dynamic range:
  - Range of brightness capabilities/limitations
  - The smaller the lens, the less the dynamic range, resulting in over / under exposure
- Exposure:
  - Amount of light hitting the camera sensor via the lens
  - Controlled by lens size (aperture), shutter speed, and ISO
- Exposure compensate through balanced composition and lighting - or don't, depending on intention



# Lighting and exposing for balance

AE/AF LOCK

PANO

PORTRAIT

**PHOTO**

VIDEO

CINEMATIC



3

2

1.1x

.5



# ISO: lens sensitivity to light



## Aperture

small  
aperture



F32



F22



F16



F11



F8



F5,6



F4



F2,8



F2



F1,4

large  
aperture

## Shutter

fast  
shutter speed



1/1000



1/500



1/250



1/125



1/60



1/30



1/15



1/8



1/4



1/2

slow  
shutter speed

## ISO

low  
sensitivity



ISO 50



ISO 100



ISO 200



ISO 400



ISO 800



ISO 1600



ISO 3200



ISO 6400



ISO 12800



ISO 25600

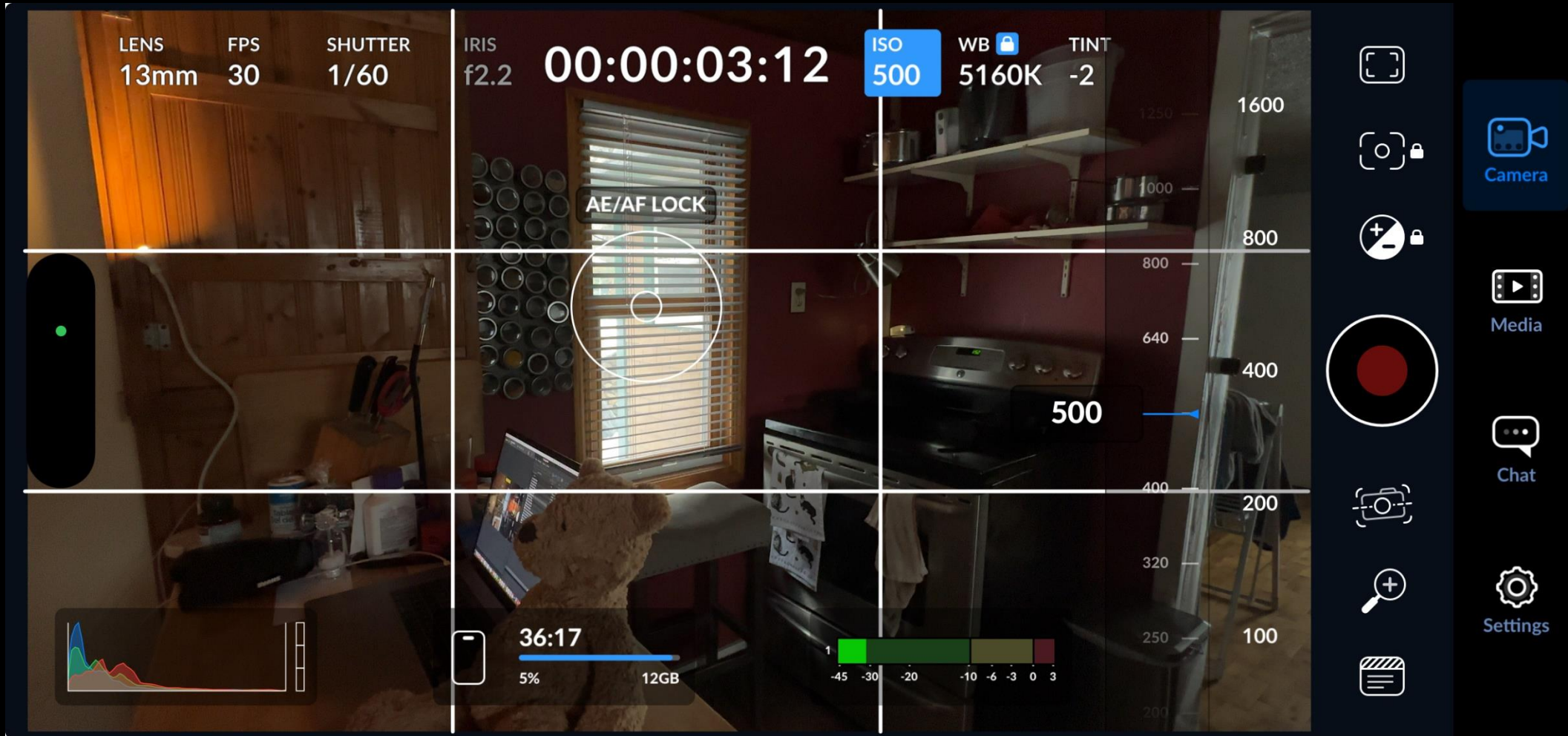
high  
sensitivity

Hamburger Fotospots Cheatcard



[hamburger-fotospots.de](http://hamburger-fotospots.de)

# Setting and locking exposure to maintain lighting



# STANDARD THREE- POINT LIGHTING

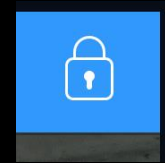


# White Balance controls for light/colour cast



# White Balance

- All light has a temperature (running from cool/blue to warm/yellow) and is measured in Kelvins (k)
- Adding in a white colour reference to your shot aids in White Balancing (measuring and correcting for light temperature) in camera and editing
- Auto White Balance your shot, then lock it.



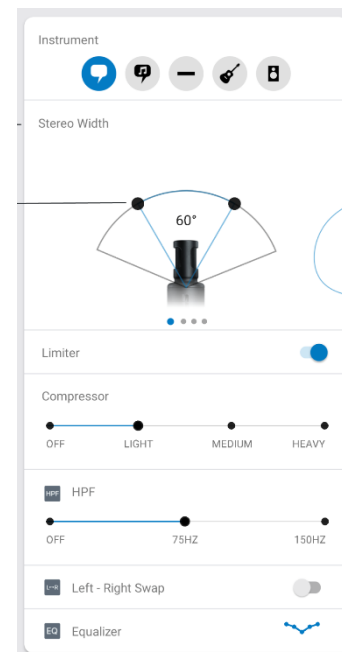
# Audio Meter / Gain Control

The screenshot displays a video recording interface with a central camera view of a brown teddy bear. The interface includes various technical overlays and controls:

- Top Bar:** LENS 13mm, FPS 30, SHUTTER 1/60, IRIS f2.2, 00:00:03:12, ISO 3072, WB 4020K, TINT -6, 4K.
- Audio Meter:** A horizontal bar with a green-to-red gradient, labeled "Shure MV88+" and "AUDIO GAIN". The scale ranges from -45 to 3.
- Gain Control:** A blue slider bar with a white knob, currently set at 64%.
- Bottom Bar:** A battery icon, a timer at 36:38, a progress bar, and storage information showing 5% used and 12GB available.
- Right Sidebar:** A vertical column of icons for Camera, Media, Chat, and Settings.
- Left Sidebar:** A vertical column of icons for various camera functions, including a crop icon, a focus icon, a zoom icon, a camera icon, a magnifying glass icon, and a list icon.

# Recording audio

- Measured in decibels, topping out at Zero (above which audio is distorted or “clipped”)
- Gain adjusts microphone sensitivity to either boost a weak signal or reign in loudness.
- Metering or visually monitoring volume helps to set appropriate gain
- Aim for setting the gain slider where the loudest recorded volumes do not rise above -10db
- External microphone highly recommended



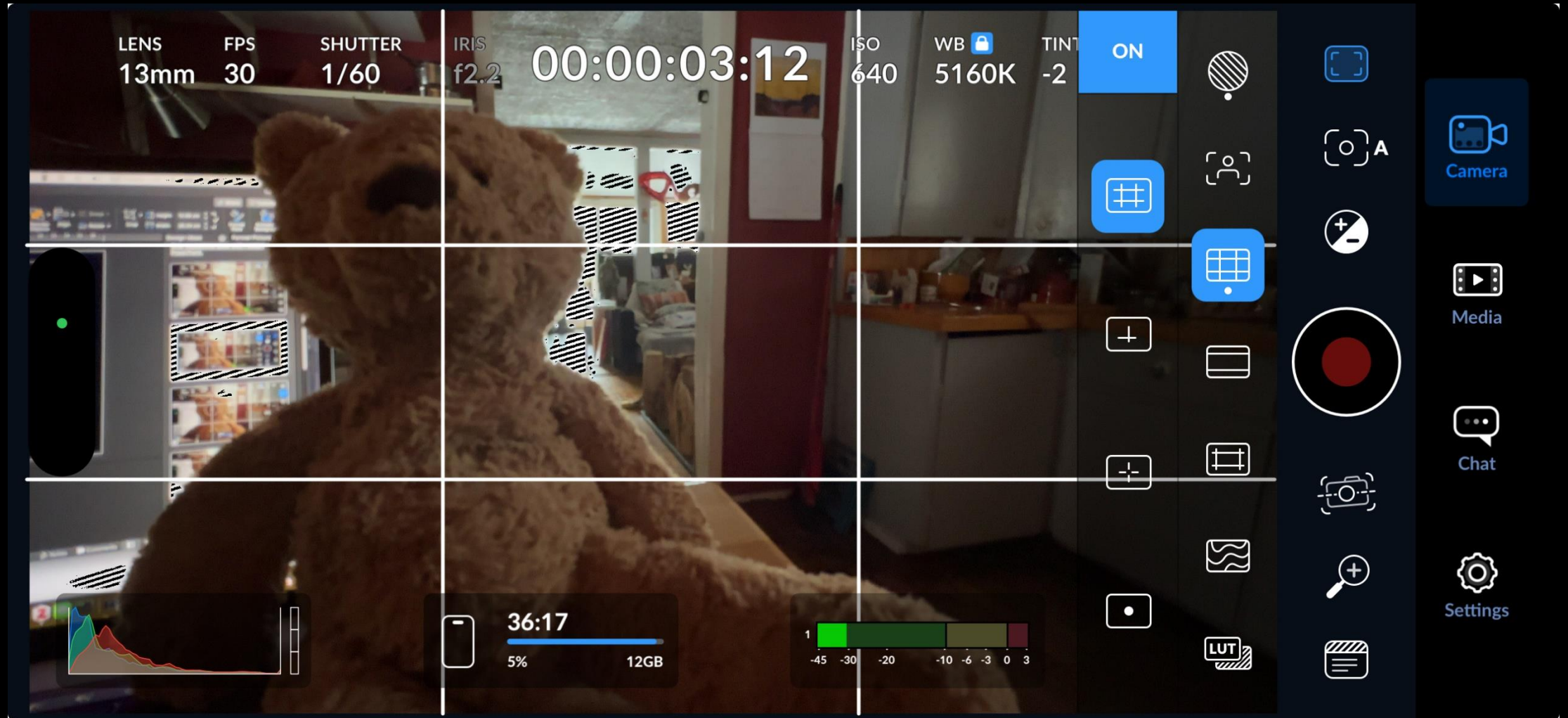
# Stabilization to reduce the shakes

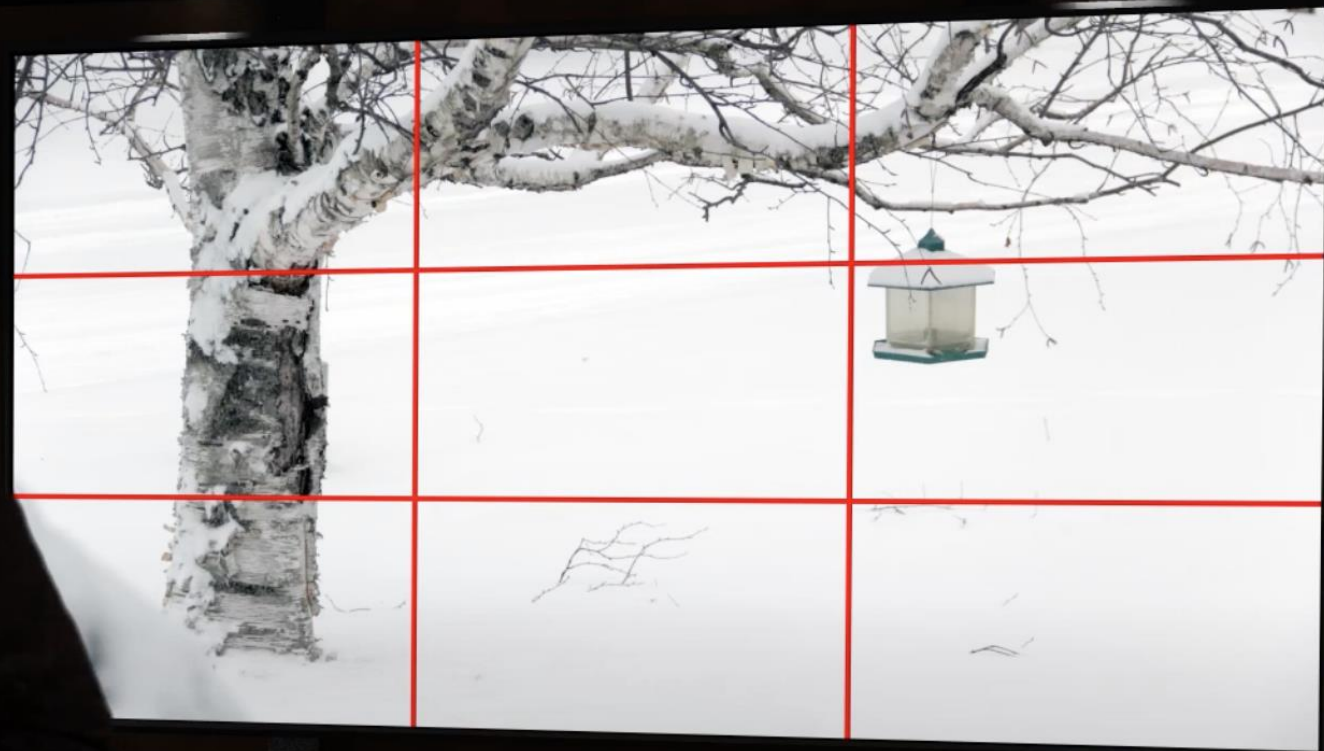




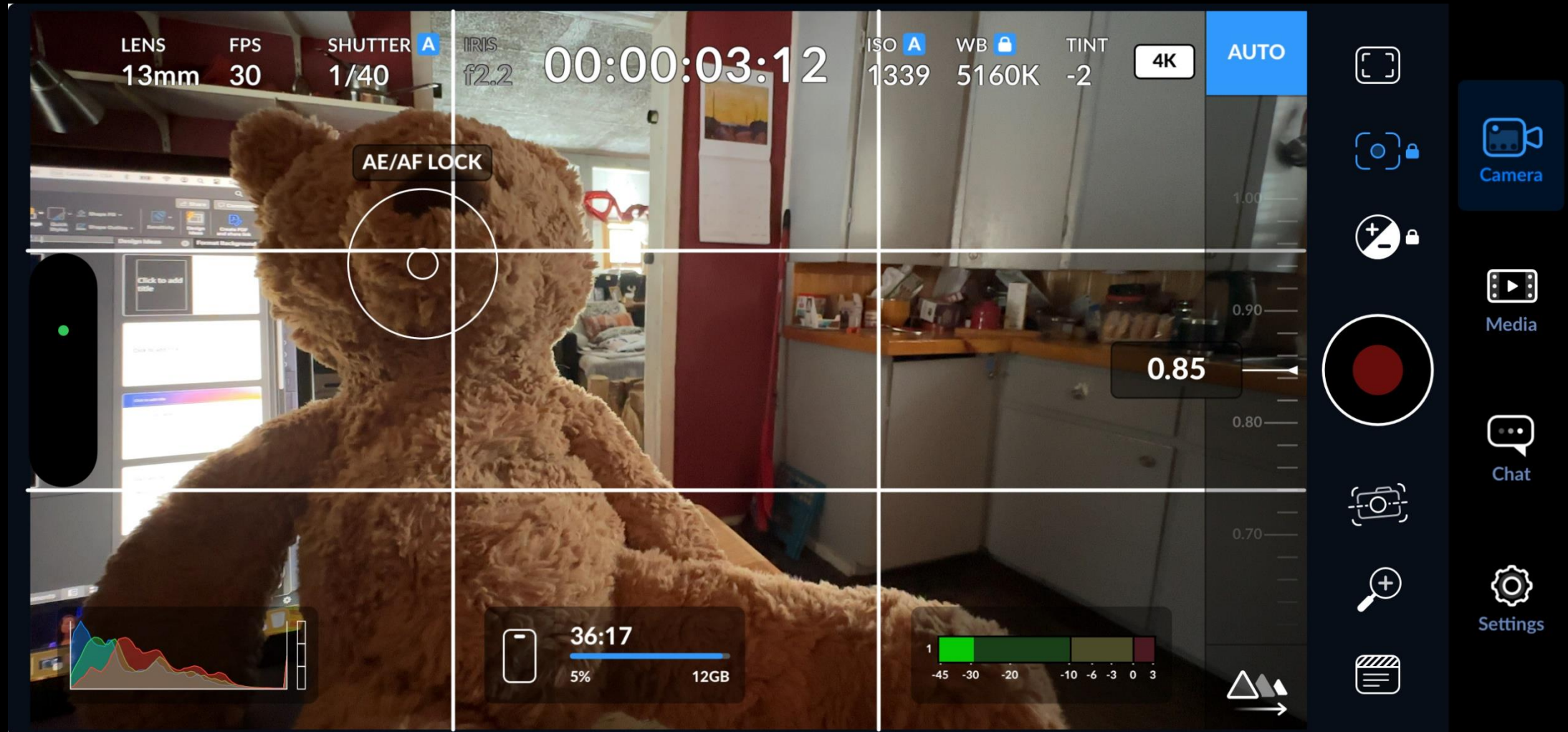
Picture stabilization and camera motion

# Activating guides ( Rule of thirds grid)





# Setting focus



00:00:00

AE/AF LOCK

# Focal point and Depth of field

VIDEO PHOTO

SLO-MO

TIME-LAPSE



# Your media clips



No project selected - All Clips



iPhone 14 Pro

All Clips

14 Clips



**Blackmagic Cloud**

Log in to Blackmagic Cloud to  
access your projects

Log In



A001\_03011230\_C038



A001\_03011222\_C037



A001\_02281128\_C036



A001\_02261320\_C033



Camera



Media

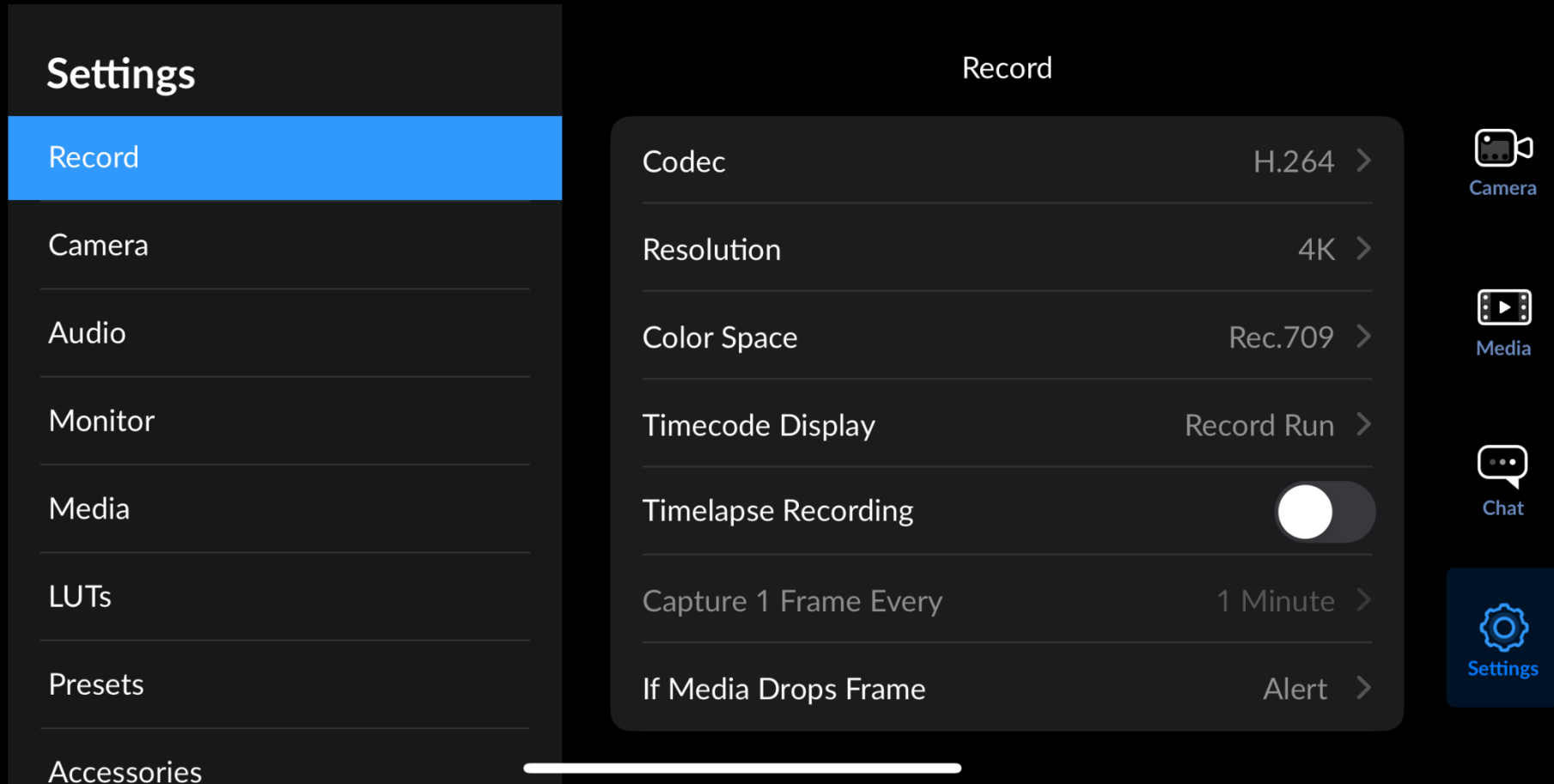


Chat



Settings

# Settings: Codec and Color Space




# Settings: Camera

## Settings


- Record
- Camera
- Audio
- Monitor
- Media
- LUTs
- Presets
- Accessories

### Camera


- Enable Vertical Video ☐
- Trigger Record Indicator None >
- Use Volume Button to Trigger Record ☒
- Lock White Balance on Record ☒
- Shutter Measurement Speed >
- Flicker Free Shutter Based On 50Hz >
- Lens Correction ☒
- Anamorphic De-Squeeze None >




Camera



Media



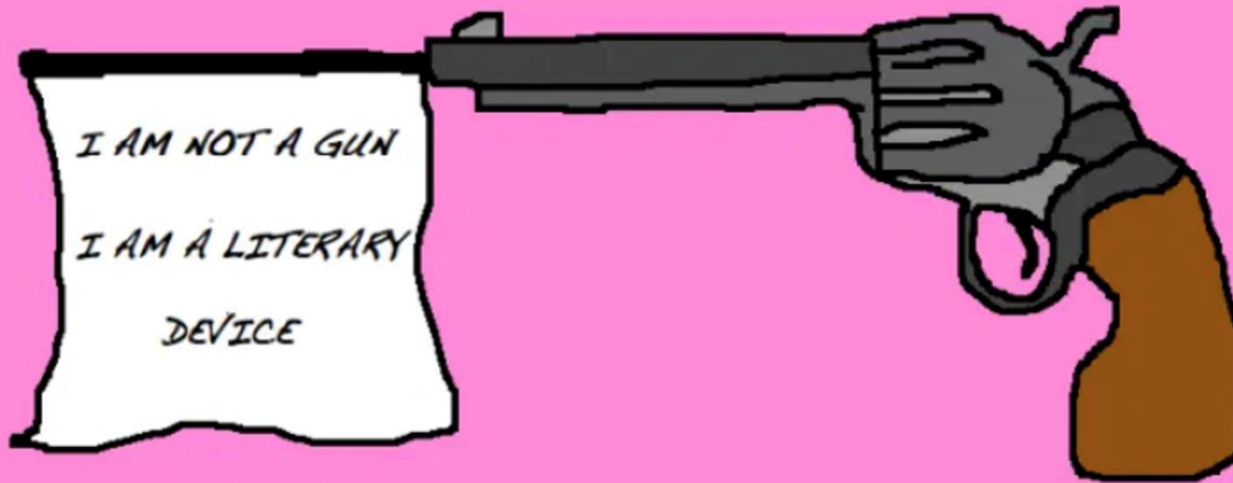
Chat



Settings



# Film Techniques: The Language of Film



## Language of film: compositional techniques

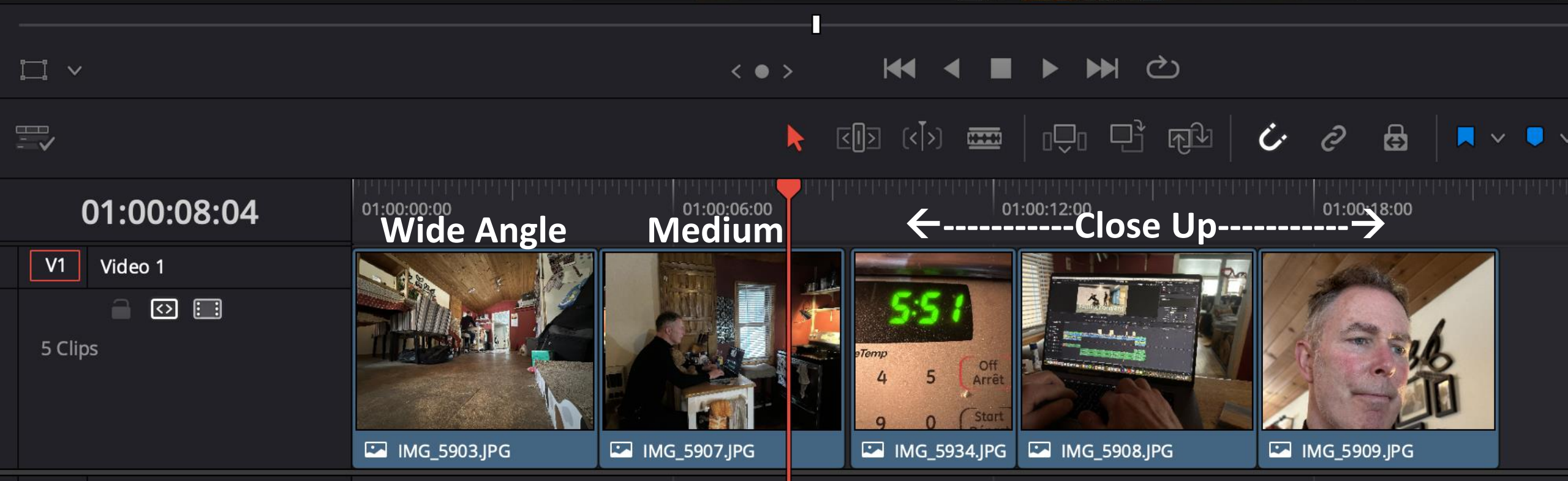
### Form follows function

- **Shots / Frames:** Video clips with (hopefully) deliberately chosen perspectives and movements to craft a narrative.
- **Composition / Blocking:** Determining the perspective, position and **movements** of subjects and objects in relation to one another.
- **Representations / B roll:** Shots that are related to the main action of a given scene and can be woven in during editing to serve the narrative.

# Crafting a narrative with shot choices

Facets of a story	Shot options
Where (environment)	Establishing (often <b>Wide Angle</b> ) shot
Who (the subject)	<b>Close Up</b> shot
What (drama/actions performed by or on subject)	<b>Medium</b> shot
When (time period, at a point in a given story)	-Continuous shot or long take (representing space + time), - <b>Close Up</b> of symbolic objects (sun, moon, clock...) or actions (walking feet, reaching for a door knob...) - <i>see Pacing (cuts)</i>
Why (internal decisions making of the subject, or emotional effect upon)	<b>Extreme Close Up</b> , sequence of other shots explaining back story

# Planning shots with story/editing in mind



# Composing shots for depth

(Bonus: Shot Blocking)

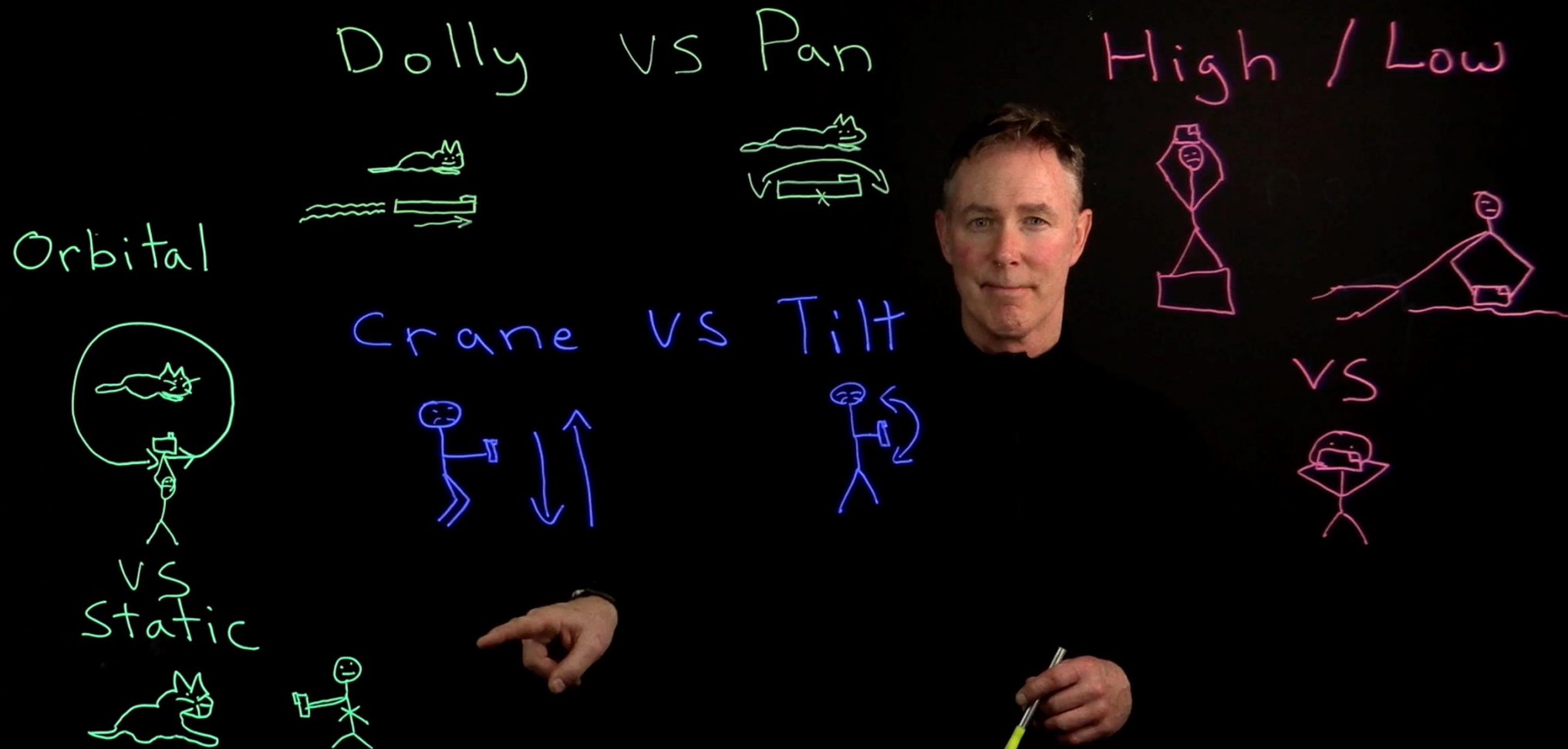
Background

Midground

Foreground



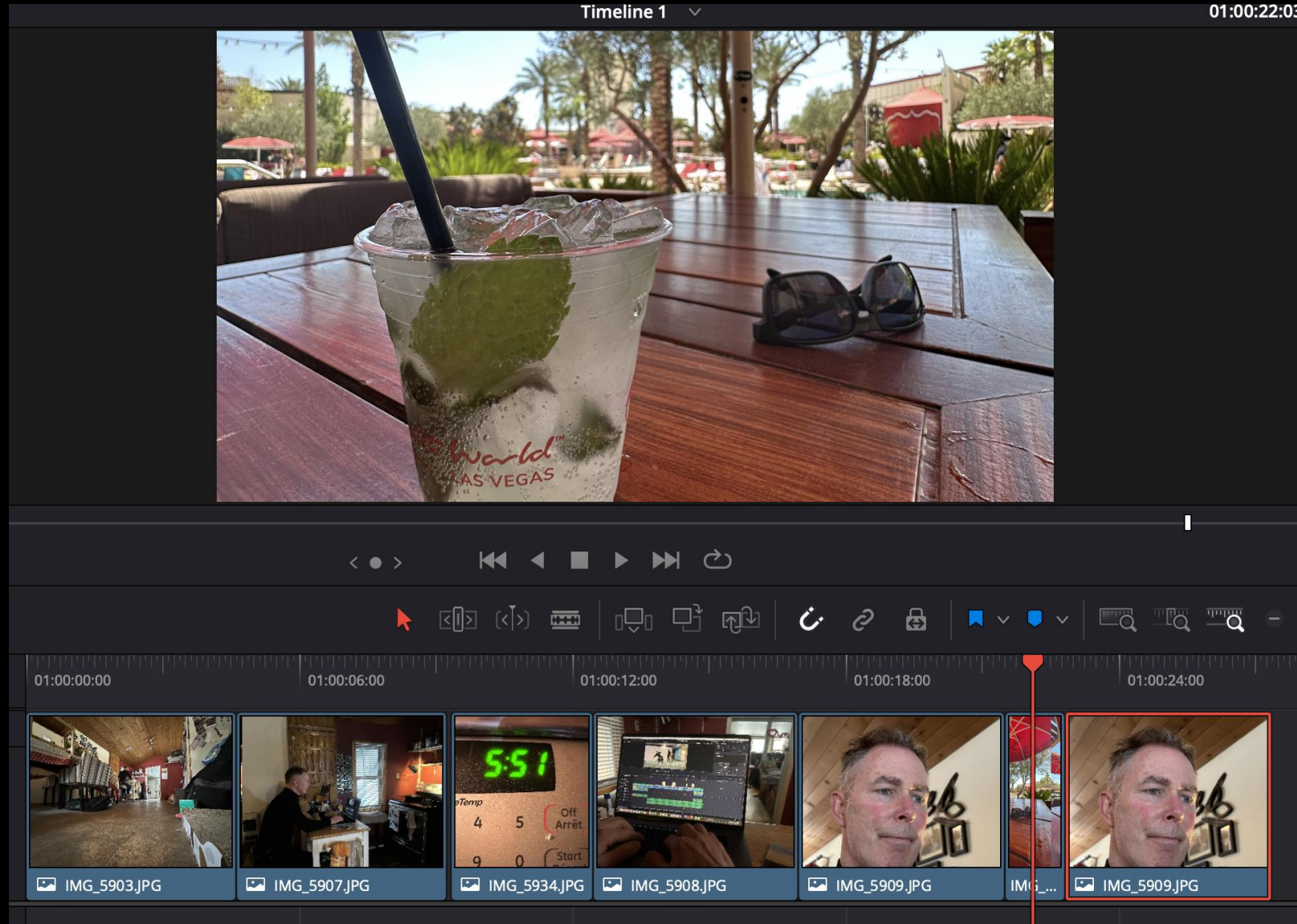
# Shot movements / perspectives: Avoiding the way we usually see everything



# Camera Movement and Effect

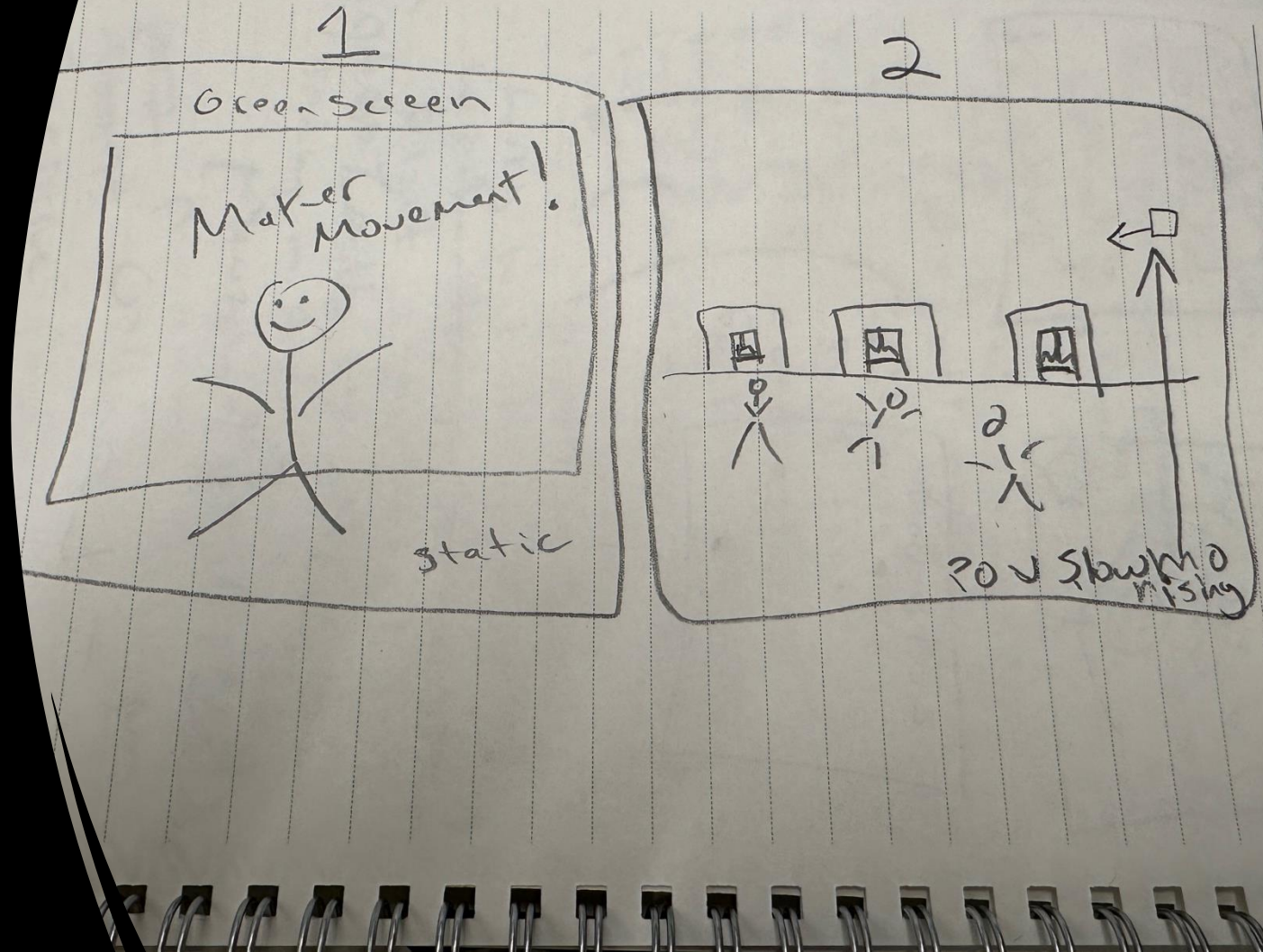
Movement	Effect
Dolly (vs Pan): Gimbal (Stabilized: following behind, in front, beside)	Expresses flow, propels action
Orbital / circling (vs static)	Explicit emphasis on a subject, stops time
Crane (vs tilt)	Establishes context (often with wide angle)
Handheld (with ninja walk)	Used to create a sense of immediacy, chaos, or realism.
High / low static (vs eye level)	Meet a subject on its own (vs. the viewer's) terms
Move in / Pull out	Focusing in and out of a subject or action
POV (Point of View) – the way we see everything	Subjectivity / eye of the beholder

B-roll footage  
to fill out  
narrative (and  
sometimes  
cover mistakes)



# Shot list

- Sequence of video clips to be captured
- Details about composition, movement, perspective
- B-roll is included but some can be looser and spontaneous
- Most efficient order for shooting (vs. following the video's timeline)



# Green Screen Tips

- Light both your subject and the green screen fully and separately
- Allow for at least 24" or 36" distance between the two
- Consider the compatibility of subject and eventual backdrop in terms of the temperature, colours, brightness, and position of each
  - In Canva, you can often adjust colours and temperature
- Don't wear green

# Planning a video

- What stories would you like to tell (purpose) and what resources do you have (means)?
- How will you structure your story – what are the parts, and in what order will they appear?  
Story board it ----->
- Will you use narration, subtitles, music?
- Which images will you use?
  - Still? Moving? Fictional representations? Documentary images?
  - Which words/sounds will fit with the images you choose?
- Who will assume which role(s)?



# Video practicum opportunities

- Over / Under student videos
- Your research or professional studies focus
- Research Commons summer promotions
- Video podcast shoots
- Personal projects