Getting Started using Pro8

INTRODUCTION

Welcome to Siliconcoach Pro 8, we hope you will enjoy this software while being productive and efficient at the same time.

This document is included with the software and is for users who are not connected to the internet right now. The full Pro 8 help is housed online and you should visit it as soon as you can get online at:
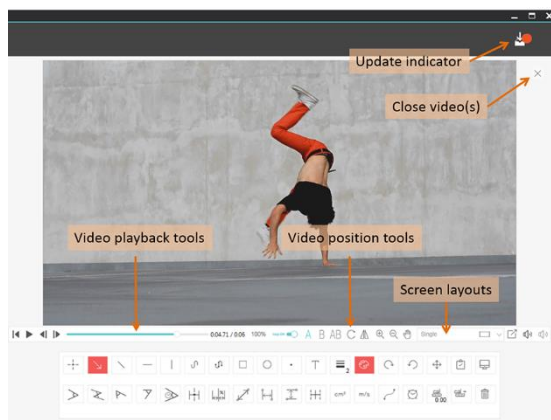
http://support.siliconcoach.com

OVERVIEW

It's important to understand how the software was designed as that will help you understand how things work and where tools may be found.
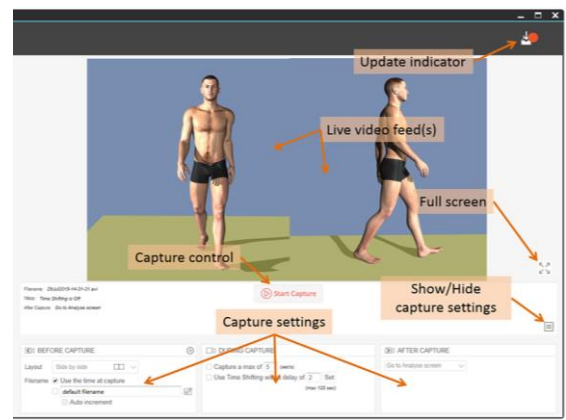
There are only 3 main areas, **File Manager**, **Analysis** and **Capture**.

| File Manager | Analysis | Capture |

The File Manager is where your files enter and exit Pro 8 and where you select them for analysis. Video files could 'enter' Pro 8 by you capturing or importing them and they could 'exit' by exporting and deleting.

Let's now look at the functionality contained within of each of these 3 areas plus Importing, Exporting and Sharing files.

MANAGE FILES AND FOLDERS

The File Manager is always visible on the left of your screen.

In the File Manager you can:
- **Change** the folder you are looking at.
- **Import** videos into the folder you are looking at. In the image below that is 'Examples'.
- Start the **Uploader** where you can upload videos into Siliconcoach Live (SC Live).
- Launch **Windows Explore**r (*not* Internet Exploiter) where you can manage your files.
- Go back to folders you have recently used using **Recent folder**.

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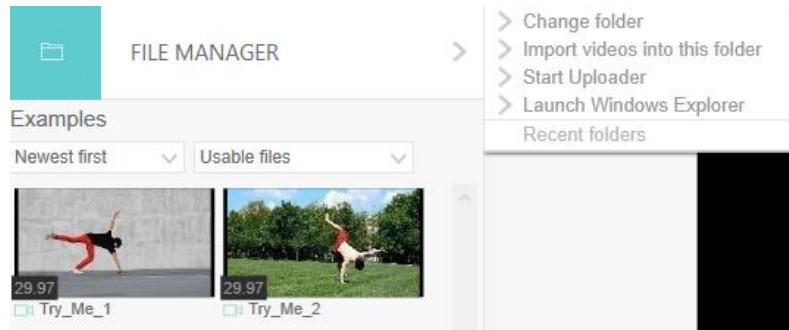
- See the **name** of the folder. In the image above that is 'Examples'.
- See the **thumbnails** for the files in that folder.
- See the Thumbnail **icons**.
    - A green camera-icon under the thumbnail means that video is ready for use as is.
    - An orange camera-icon under the thumbnail means that video needs converting before use. This is done for you automatically when you double click on the thumbnail (single analysis) or drag and drop to load the files.
- **Sort** the visible filenames using a variety of sort parameters
- **Filter** the thumbnails by:
    - *Useable files:* These are video files that will play as is or will play once converted.
    - *Ready to use:* These are video files that will play as is.
    - *Import required:* These are video files that will play once converted.
    - *Can never use:* These are non-video files like Word or Excel documents, system files, etc.
    - *Show all:* Shows all files in that folder.
- Right mouse click to get a list of **options** for *that* file (single file actions only).
- Undertake **multi-file** tasks. You can select multiple files using the CTRL key as you mouse select. The tasks available for the selected file(s) are; Export, Convert and Delete.
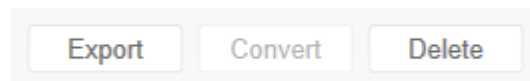
Frame Rate Calculations

This is a feature for those using videos captured at a frame rate faster than the usual 50/60 frames per second. For example, some cameras capture at 100, 120, 240 frames per second. However, the files they create often report the playback rate at 50/60 frames per second and thereby play in slow motion.

In Pro8.0 you could play the video at up to 4x the set speed and make a slow motion video look 'normal' but in Pro8.1 you can also change the frame rate setting so all your time and speed calculations will now be correct.
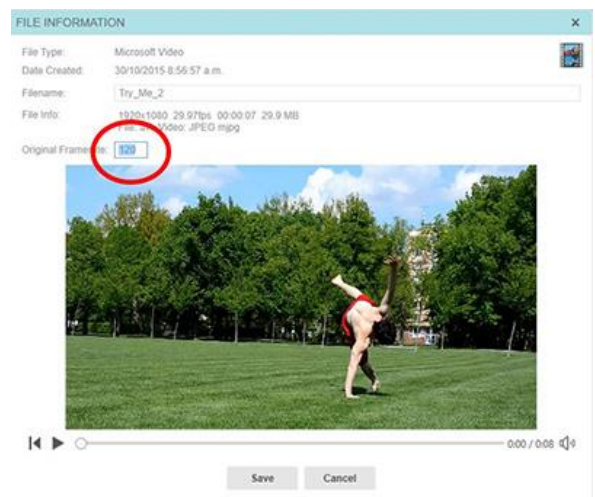
ANALYSIS

Overview

Pro8 has a powerful set of tools for analysing videos.

If you want to **analyse just one video**, double click on its thumbnail to load it.

If you want to **analyse two videos**, select the Screen Layout you want then drag and drop your videos into the appropriate spaces.

Then position and synch your clips and you are ready to go.

Loading Video(s)

Pro8 comes with 2 videos installed with the software. They should be in the currently visible folder in the File Manager but if not go to File Manager in the upper left corner of the screen and choose *Change Folder*, then navigate to *My Documents*, then *SiliconcoachPro* and then *Examples*.
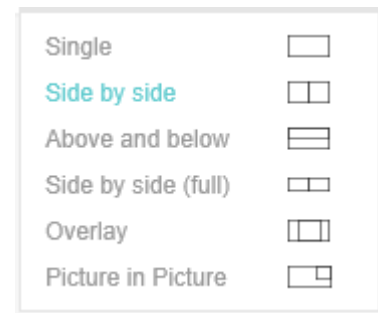
Loading One Video

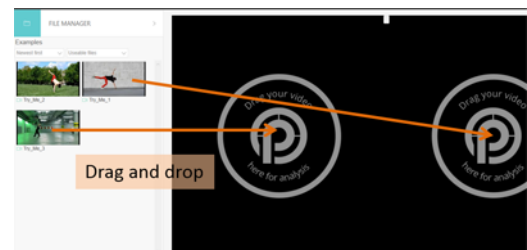Double click on the video you want and it will load.
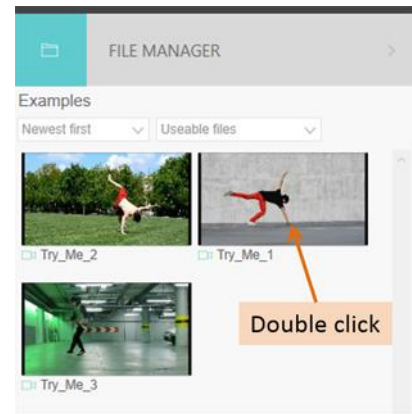
Loading Two Videos

Choose your screen layout from the lower-right of the screen.

Then drag and drop your videos into the respective areas.

Note: You can even change the amount of screen space each video gets by moving the divider (you must be in AB mode to do this).


Change layout here

Positioning Videos

It is highly unlikely that the action in your two videos will be exactly in the right place within the frame. In Pro8 you can easily move each video around to get it where you want it.

To take control over each video simple click on the 'A' button for video A or the 'B' button for video B.

A B AB

This toolbar allows you to control playback and get to the desired place in the clip.

0:02.27 / 0:06
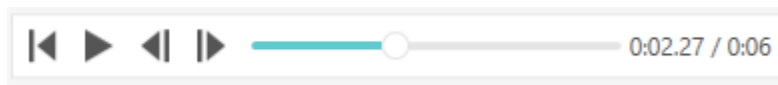
These tools allow you to position the video on the screen.
Your options are:

- Rotate.
- Flip.
- Zoom in/out.
- Pan (moves the video about).

Once each video is in its correct position, click back on AB to lock them together.

Synchronizing Videos

Similar to positioning the video, it is highly unlikely that the action in your two videos will occur exactly at the right time so that the chosen events in each clip happens at the same time (i.e. they are synched).

In Pro8 you can easily move each video through its timeline and stop it at the chosen event.

1. Select the 'A' button to control only video A (left-side video).

   Then use the payback controls to get that video's timeline in the right spot.

0:06.61 / 0:08 100% Loop ON A B AB

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2. Then select the 'B' button to control only video B (right-side video).

   Then use the payback controls to get that video's timeline in the right spot.

3. Once each video is on its key event, click on 'AB' to lock them together.

   Now when you play the videos, your 2 key events will get played back at the same time.

   Note: You are only synching one point in time for each video, other events within the video may be out of synch.

Analysis Tools

There is a large set of analysis tools for you to use and the best way to learn them is to play with them.

To help you along the way each tool has a tool tip that will appear as you hover the cursor over the button.

Note: Generally to make the tools work in Pro 8 you click, drag and release the left mouse button. One new thing in Pro8 is the ability to move and change the lines on the screen. To do this, click on the 4-arrowed Select tool and then click on the line you want to interact with.

IMPORT

You can import videos from devices such as a video camera, a stills camera or a phone.

To import videos into the folder you are currently looking at, simply go to the *File Manager* and then *Import videos into this folder*. Now navigate to your video(s), select them and then click on Open.

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Notes:
- *You can select multiple videos at once by holding down the CTRL key as you click on the files. Multi-select may not work on some phones.*
- *Videos that need to be converted will be converted on import.*
- *Most, but not all, video files can be imported. Given that there are hundreds of video types you can only try and see.*
- *If you can't import a type of video, submit a request at http://support.siliconcoach.com (no 'www.') and we will look into it.*
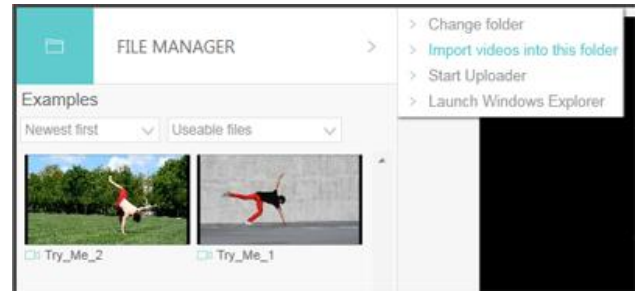
CAPTURE

Overview

Get your hardware sorted out properly. Inadequate or badly connected hardware will only lead to disappointment and frustration.

Set up Pro8 to recognise your hardware and then you are ready to start capturing.

You have a few options for naming your videos which happens before capture.

You can set it to either stay on the Capture screen or automatically go to the Analyse screen once capture as finished.

If you have 2 video feeds you can set up the screen in a variety of arrangements to suit your needs.

You can Time Shift your live video which gives you a chance to review what happened on screen a set time after it happened live.

Preparing your System for capture

Setting up everything *outside* of the software such as cameras, cables, capture devices, drivers and the computer spec's can be confusing. Please see our hardware sector page (http://www.thetarngroup.com/hardware) to learn what you need to make it all work or what your current system should be able to do.

Once you have the correct hardware you need to set it up correctly. We have provided you with guidance to do this and we highly recommend you review this resource at

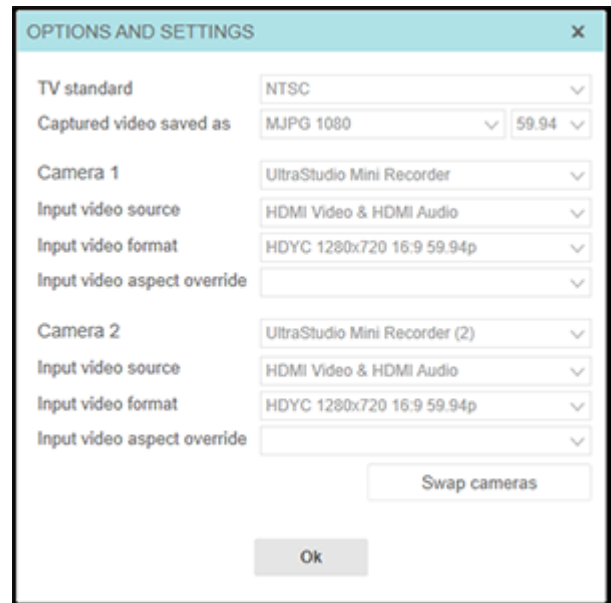http://www.siliconcoach.com/SupportCentres/Generic/Getting_my_system_ready_for_capture.pdf

Configuring the Video Settings

Once you have a live video feed getting to the computer and have loaded the drivers (if required), you now need to set Pro8 up to recognise the video feed.

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To do this:

1. Start Pro8 and go to the Capture Screen.
2. Click on the Settings button [⚙] in the Before Capture section at the bottom of the screen. *Note: If you can't see it click on the Capture Settings roll-up.*
3. Make sure your TV standard is correct, i.e. NTSC (USA, Japan) or Pal (pretty much everyone else).
4. Set the size and frames per second (fps) of the video you want to save.
5. Set you input device and the source. This should be OK as is but if the video looks squashed then try changing the override.

Note: If your settings are correct you should see the video feed behind the Settings Window.

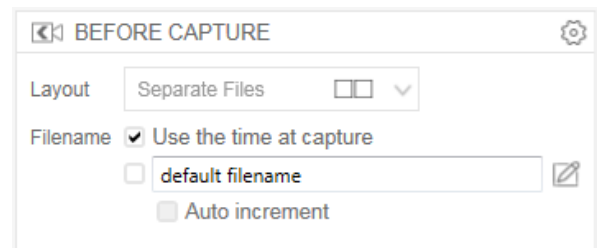| OPTIONS AND SETTINGS		✕
TV standard	NTSC	⌄
Captured video saved as	MJPG 1080 ⌄	59.94 ⌄
Camera 1	UltraStudio Mini Recorder	⌄
Input video source	HDMI Video & HDMI Audio	⌄
Input video format	HDYC 1280x720 16:9 59.94p	⌄
Input video aspect override		⌄
Camera 2	UltraStudio Mini Recorder (2)	⌄
Input video source	HDMI Video & HDMI Audio	⌄
Input video format	HDYC 1280x720 16:9 59.94p	⌄
Input video aspect override		⌄
	Swap cameras	
	Ok	

Configuring up the Capture Settings

The Capture Settings (as opposed to the Video Settings) is positioned along the bottom of the Capture screen and is divided into 3 parts, namely:
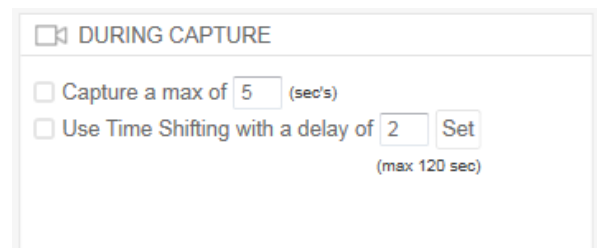
Before Capture:

In this area you can choose your screen layout and set the file name which is done before capture. Notice the text box button. Here you can pre-populate names, activities, etc and then quickly access them when setting file names. You also have an auto-increment option that will add'-1', '-2', '-3' to the end of you file name which can make capturing multiple files very fast.
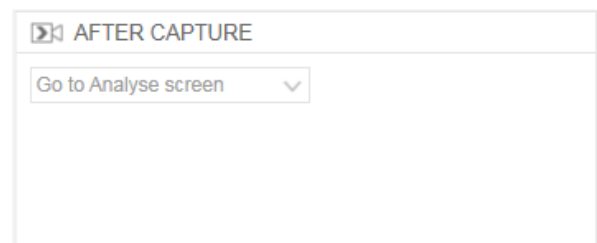
⏴◁ BEFORE CAPTURE	⚙
Layout	Separate Files ☐☐ ⌄
Filename ☑ Use the time at capture	
☐ default filename	✎
☐ Auto increment	

During Capture:
Here you can set a capture length limit or Time Shift.

☐◁ DURING CAPTURE	
☐ Capture a max of 5 (sec's)	
☐ Use Time Shifting with a delay of 2 Set	
(max 120 sec)	

After Capture:
You can set this to either stay on the Capture screen or automatically go to the Analysis screen once capture as finished.

▷◁ AFTER CAPTURE
Go to Analyse screen ⌄

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Capture Layouts

If you are capturing dual videos you have a variety of screen layouts to choose from but they can be divided into two types:


1. One type will **composite** the 2 videos streams into one video using the layout you choose.
   Note: The options are Side by Side, Above and Below, Side by Side (full), Picture in Picture.

   This is handy as your 2 views are now always one video and so are easier to manage.

2. The other type keeps the videos as separate **individual** files (1 option)

   This is more flexible but it does require more computer resources and possibly a more powerful computer.
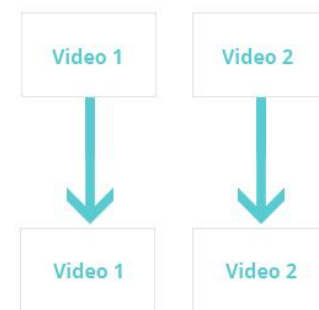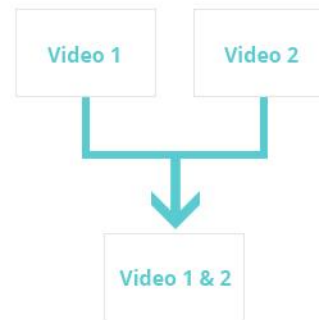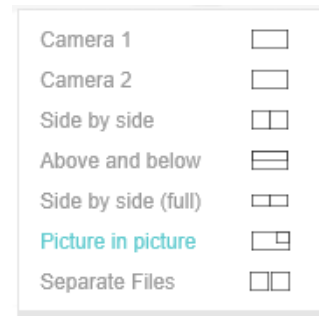
Trimming

You can now trim your video to focus on the section of video that is important to you. The In Point and Out Point are used to restrict playback to a section of the video. These trim points also work for dual playback and are obeyed when you export both single and dual screen layouts.
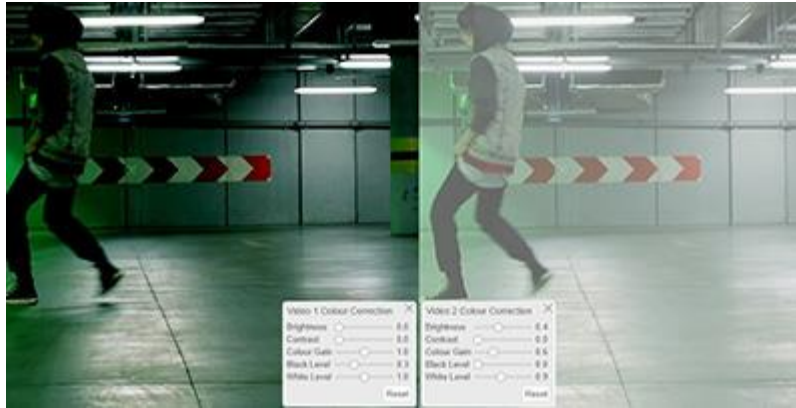

Color Correction

There is no substitute for good quality video but if you ended up with unsatisfactory videos the new Color Correction tool in Pro8.1 allows you to tweak the video to try and get a better image than the file you are stuck with.

Color Correction works for dual playback and is obeyed when you export both single and dual screen layouts.

Note that color correction cannot fix blurred video, you are stuck with that and next time you need to capture at a faster shutter speed.

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Before and after color correction.

Time Shifting

Time Shifting is an interesting and very useful concept. It is usually used for providing feedback to the subject without you having to pause, stop, rewind, capture etc.

The concept is for the subject to do their activity, watch it, do it again, etc all without having to touch the computer.

Note: You can capture while Time Shifting but Pro8 will always capture what is on the screen at the time.

With Time Shifting you just set the delay (e.g. 5 seconds) and set it going.

What you see on screen happened in real life that time ago (e.g. 5 seconds ago in this example).

EXPORT AND SHARE

In Pro8 you can either export the videos in a compressed format (.mp4) ready for emailing or use in a different application or you can upload them to your private area in the web based SC Live system.

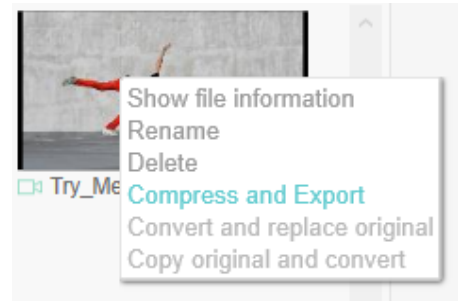*Note: You get SC Live as part of the Pro8 package.*

Exporting Videos

There are 2 ways of exporting your **video**s.

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1. Export the video(s) from the File Manager.
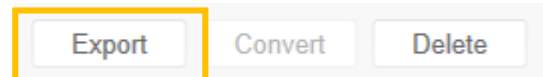
Single file export:
Right mouse click on the thumbnail you want to export and choose *Compress and Export*.

Multi-file export:
Use the CTRL key and the cursor to choose multiple files.

Then choose the *Export* option to export them all at once.

2. Export your video composition

Choose the Compress and Export option and the current screen layout will be composited and exported
Note: The export is minus any lines, you will need to use the Screen Recording feature to get the lines and voice over)

Sharing Analyses

There are 3 ways of sharing your **analyses** created in Pro8 with others.

A screen shot of the **whole analysis screen** including any lines.

A captured image of **a selected area** including any lines.
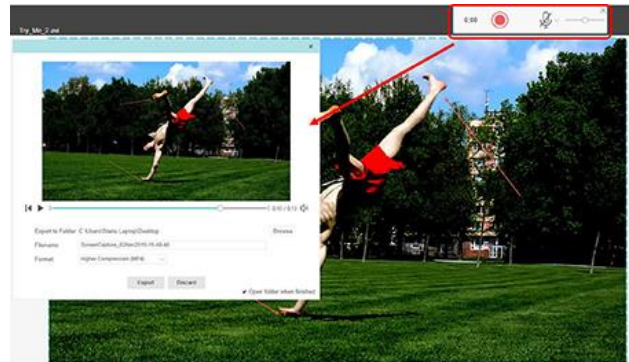

Recording your Analysis.

How do you capture your analysis to share with others who are not siting right next to you?

The answer is you use Pro8.1's new Record Analysis feature. It does simply that, it records everything to do on screen and say into your microphone and creates a new video from that.

Then you can export that new video and share it with your clients.

This document was last updated **10 November 2015**.