



## GOAL Video Editing Procedure

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- 1) Connect camcorder to computer and **Import footage to iMovie.**
- 2) **Click and drag desired clip onto the editing bar** at the bottom of the screen. Be sure that the button has been moved from the camera icon to the scissors icon just above editing bar.
- 3) **Press play and watch the entire clip.** Note which pass ("there and back") best captures the subject's gait pattern.
- 4) **Use the arrow key or slide the editing triangle** to the beginning of the pass that you wish to save. Note: it is best to clip the footage at the instant of "**initial contact**", so that you can easily **synchronize** the sagittal and frontal clips. You want to capture as close to the exact gait cycle in both planes.
- 5) Once you locate the desired initial contact in one plane, use the "apple" key and letter "T" keyboard shortcut to **split video clip at playhead**. This way you save all of the footage until you are certain that your final clip is correct.
- 6) Re-select the desired clip from the editing bar (will be Clip ?/1). Run this clip through to the end of the desired gait footage. To keep the clip under 6MB, we recommend saving only one pass of the runway ("there and back"). Stop the subject at the last "initial contact" at the end of the runway, and again **split video clip at playhead**.
- 7) Clip ?/1 should be your desired footage for analysis and contribution. You are now ready to compress your desired clip into a QuickTime format. **Move all of the other clippings back to the main panel.** All clips remaining on the edit bar will be burned together in QuickTime, so be sure to only have your one single (sagittal **or** frontal) clip on the edit bar!
- 8) Click **Share** from the iMovie toolbar. Select and click **QuickTime**, then select **Expert Settings** from the menu, then click on **Share**, "save-as" will prompt (leave as export movie to QuickTime). Label clip according to ID code (see contributors corner) and save in Movies.
- 9) Repeat steps 2 *through* 8 for the footage of the other plane. Ensure that clips are the same length of time, and have the same start and ending. E-mail them to: [jason\\_goodnough@bcit.ca](mailto:jason_goodnough@bcit.ca) and you're done! Cases will be posted to the GOAL site each Friday. Cut-off time is Friday at 7-am PST.