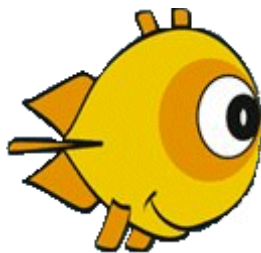


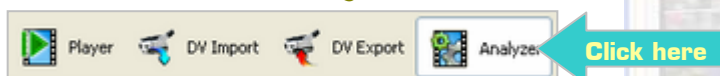
## Workshop Worksheet

# Create a Media Book



ooo MediaBooks offer a way of making video work in Dartfish portable: Use them to create enhanced video resources that can be used on computers where Dartfish is not installed. Where no computer is present much of the MediaBook content can be printed, making them ideal for students to produce course-work from their analysis of video content ooo

### 1. Launch the Analyzer module



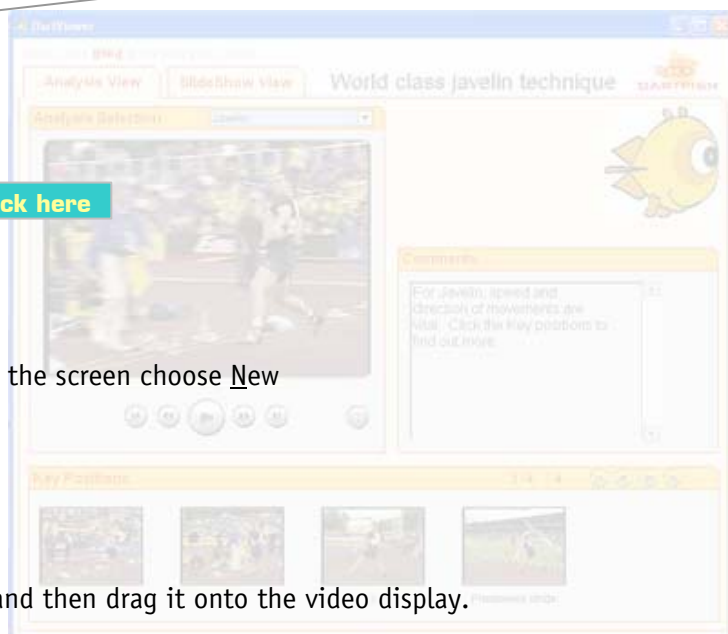
### 2. Start a new project

(if necessary) from the File menu at the top left of the screen choose New

[F](#)ile > [N](#)ew

### 3. Load the video clip

Locate the video clip [Javelin\(1\)](#) in the items list and then drag it onto the video display.



### 4. Maximise the workspace



Press **F9** on the keyboard to maximize the workspace (press again to restore normal view). Now you have a much clearer view of the video files you are working with.

### 5. Javelin key positions

ooo key positions let you mark specific moments in a video clip. Notes can be attached to each key position and all this information will be included in the MediaBook ooo



#### Carry

Carry the javelin above the shoulders or head. Right elbow points forward



#### Withdrawal

Maintain hips at right angles to the direction of running. Drive the right leg forwards and upwards to help maintain the correct position of the hips



#### Predelivery stride

The left leg reaches forward. Shoulders & hips now in line with the direction of throw.

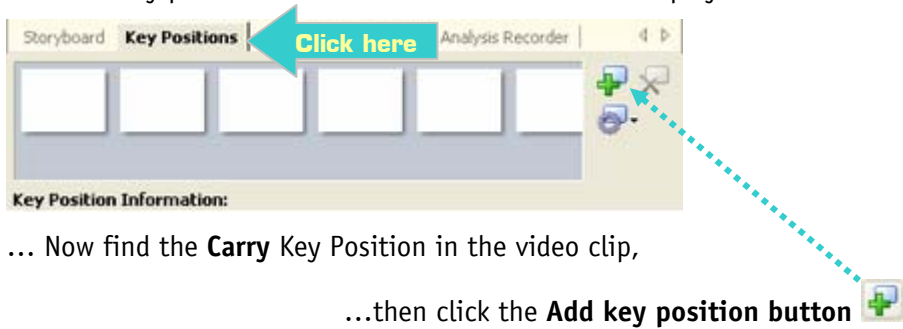


#### Release

Arm strikes fast with the elbow high and close to the mid line. The release angle has to take into consideration aerodynamic lift and drag. The optimum angle for the Javelin is about 33 degrees.

## 6. Add key positions

Click the Key positions tab in the area below the video playback controls.



... Now find the **Carry** Key Position in the video clip,

...then click the **Add key position button** ,

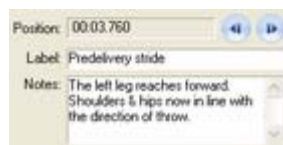
...now repeat for the **Withdrawal, Delivery stride** and **Release** key positions

## 7. Reveal the key positions notes area



Click and drag the grey border separating the key positions area from the Video playback tools to reveal the notes area. Notice that you can both type and record notes.

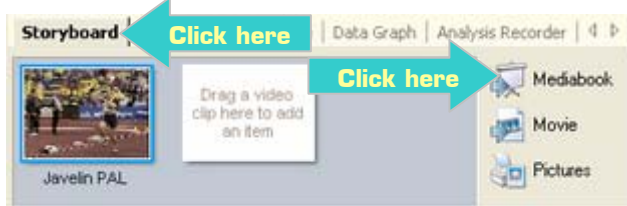
## 8. Add notes to each key position



Use the notes above or *invent your own*.

## 9. Create the MediaBook

Click the storyboard tab next to the Key positions tab then click the Mediabook button.



### Step 1

Select My Computer as the destination but notice the range of options.



Next >

### Step 2

Is the video you want selected?



Next >

### Step 3

You must enter a file name but you can also personalise the Mediabook with a title, your logo etc.



Next >

### Steps 4-6

Follow the remaining steps to create and open the Mediabook

