

# Basic Video with DSLR or Mirrorless Cameras

## Video Frame Rate:

- For North America use NTSC, e.g. 24/30/60/120 fps
- For slow motions use the higher fps

## Resolution

- 4K is the best compromise
- 1 minutes used 2-4 GB (so need large memory card)
- Can downsize to HQ and zoom or crop images during post

## Camera Shutter Speed

- Use the 180 rule: shutter speed = 2X frame rate
- E.g. at 25 fps use 1/50 second shutter speed
- E.g. at 30 fps use 1/60 second shutter speed
- E.g. at 60 fps use 1/125 shutter speed
- Note if use too high shutter speed, video can appear choppy especially if there is much movement like grass or trees blowing in the back ground

## Getting to the right shutter speed

- Low ISO, ND Filters, Stopping Down
- Higher shutter speed (compromise)

## Exposure

- Don't clip highlights
- Use Histogram, Zebra stripes (video only) to monitor
- Do not use auto ISO
- Maintain same settings for clip, if changes difficult to fix in post

## Sound recording

- Mic on newer cameras probably ok
- Closer is better, e.g. external mic

## Tips

- Shoot in manual mode
- Use focus tracking, e.g. AF-F Nikon
- Zoom lenses best
- Use a tripod and hands off, beware boardwalks or soft ground
- Stabilization in newer cameras good
- 8 stop ND suggested for sunny days