🔴 lower third exercise

# Lower Third Exercise

1. Solid Background:
   * Add a solid color layer at the bottom for background
2. Shape Animation:
   * Create a shape layer - a line
   * Set Stroke Width to 5.0 pixels
   * In shape layer contents, add Trim Paths
   * Animate the End property from 100% to 0%, Add new keyframe to Width
   * Animate the Width to 180 pixels
3. Text Animation Setup:
   * Create a text layer with your title
   * Apply "Bullet Train Blur" animation preset
     1. Found in Animation Presets > Text > Blurs
   * Adjust Offset to determine when to show the text
   * Create a mask similar height, a lot wider to Text, Add new keyframe to Expansion
   * Adjust Mask Expansion to around -20.0 pixels (depend on the actual effect)
4. Shape Animation:
   * Animate the Width back to 5 pixels
   * Animate the End property back to 100%,

🟡 Teaching content (Final)

**After Effect** uses a layer-based system where each element (text, images, shapes) exists on its own layer. This allows for detailed manipulation and effects to be applied individually.

**Premiere Pro** provides a more linear editing experience, ideal for assembling video clips, audio, and transitions. It’s designed for a more straightforward editing workflow.

**After Effect** is designed for compositing multiple layers of video and graphics.

**Premiere Pro** is optimized for final output and rendering, making it ideal for delivering finished projects directly

**Choose After Effects** for intricate animations, special effects, and detailed compositing.

**Choose Premiere Pro** for efficient editing of longer videos, strong audio capabilities, and faster project completion.

### Interface

* Layout / Workspace
* Project panel
* Composite panel
* Timeline panel
* Edit -> Preference
  + Cache
  + Auto Save - 20mins

### Tools

* Shape Tool \*create just a rectangle
* Selection Tool
  + Transform
    - Move
    - Scale
    - Rotate
* Anchor point tool (Pan behind)
  + Ctrl to snap
* Type Tool
  + Type properties
* Shape Tool (again)
  + All shapes
* Pen Tool
  + Custom shapes

### Composition

* Create composition
* Import graphs / video
* Create text
* Composite setting e.g. resolution
* Screen manipulation e.g. pan, zoom

### Pre-composite

* Reusable content (for updating)
* Duplication
* Layer -> Pre-composite

### Layer properties

* Transform
* Mask
* Effects

### Keyframe (Animation)

* Create keyframe
* Edit keyframe
* Speed
* Easing / Interpolation
* Count down animation

### Mask

* Create mask
* Edit mask
* Application e.g. vignette effect
  + Feather

### Shapes

* Shapes layers
* Properties
  + e.g fill, stroke, round corner etc.
  + Polygon, stars
    - Change no. of points in properties
  + Lines
    - \*content add
    - Trim pattern / wiggle (for animation use)

### Text

* Type tool (click once / drag a box)
* Properties
  + e.g. font, font size, alignment etc.
  + Centre
    - Right click -> transform -> center anchor point in layer content -> center in view
  + Animation for text
    - Effect -> animation present -> text ->
    - E.g. blur -> bullet train / blur glitch / froggy

### Effects

* Wrap stabilizer
* Camera-shape deblur
* Colour correction - lumetric
* Blur
  + Gaussian blur
  + Camera lens blur (very slow)
* Green screen
  + Color key

### Exporting

* Composite -> add to Media Encoder

Teaching content draft

## **1. Introduction to After Effects**

**Content & Activities:**

* **Overview & Discussion:**
  + Introduce After Effects as the leading software for motion graphics and visual effects.
  + Compare its layer-based approach with Premiere Pro's timeline-based editing.
  + **Media Suggestion:** Use short video clips or screen recordings that highlight key differences (e.g., side-by-side comparisons of simple edits).
* **Key Discussion Points:**
  + What makes After Effects ideal for complex animations, text effects, and compositing.
  + When to choose Premiere Pro over After Effects.
* **Outcome:**
  + Students understand the purpose of After Effects compared to Premiere Pro and its role in digital motion graphics production.

## **2. Project Setup and Workspace**

**Content & Activities:**

* **Creating Projects and Compositions:**
  + Demonstrate File > New > New Project and creating a Composition.
  + **Media Example:** Use a sample composition setup with dimensions 1920×1080, a chosen frame rate (30 fps), and duration (e.g., 10 seconds).
* **Understanding Composition Settings & Essential Panels:**
  + Walk through the Composition Settings window (frame size, pixel aspect ratio, duration, etc.).
  + Overview of the Project panel, Composition panel, Timeline, Effects & Presets, and Tools panel.
  + **Elements:** Annotated screenshots or a short video tutorial.
* **Using the Media Browser:**
  + Show how to navigate, preview, and import different file types (e.g., video, image, audio).
* **Outcome:**
  + Students will be able to set up a new project, adjust composition settings, and identify key panels, ensuring a solid workspace foundation.

## **3. Basic Editing and Layer Management**

**Content & Activities:**

* **Understanding Layer Types & Properties:**
  + Introduce different elements (solid layers, shape layers, text layers, adjustment layers, etc.).
  + Explain the layer’s properties using the timeline (in/out points, opacity, and transform properties).
* **Layer Organization and Stacking Order:**
  + Practice using labels, color coding, and renaming layers (e.g., “Background,” “Overlay,” “Text”) so that the stacking order is clear.
* **Basic Masks and Mattes:**
  + Demonstrate how to create masks using the pen and shape tools.
  + Introduce basic track mattes (alpha matte, luma matte) with a simple example (e.g., masking an image to reveal text underneath).
  + **Media:** Short screencasts or graphic overlays explaining the mask controls.
* **Outcome:**
  + Students learn to manage multiple layers, integrate masks for creative effects, and master organization techniques within the timeline.

## **4. Creating and Formatting Text**

**Content & Activities:**

* **Text Tools and Character/Paragraph Settings:**
  + Introduce the Text tool (T) and explain the difference between point text and paragraph text.
  + **Text Example:** Create a sample heading such as “After Effects is Fun!” and a complementary tagline like “Let Your Creativity Soar.”
  + Use the Character panel to change font, size, tracking, kerning, and color.
  + Use the Paragraph panel for alignment and spacing.
* **Text Animation Techniques:**
  + Demonstrate basic animations: fading in text (using opacity keyframes) and simple position shifts.
  + **Media:** Provide a short video animation showing text sliding in from the side.
* **Outcome:**
  + Students will be comfortable formatting text and applying basic text animations, enabling effective titles and lower thirds.

## **5. Basic Transformations**

**Content & Activities:**

* **Transform Tools:**
  + Practice manipulating layers with Position (P), Scale (S), Rotation (R), and Opacity (T).
* **Understanding Anchor Points:**
  + Explain the function of the anchor point and use it to control scaling and rotation.
  + **Text Demo:** Use a sample graphic (e.g., a simple icon) and animate its rotation about different anchor point positions.
* **Outcome:**
  + Students master the basic transformation properties and understand how adjusting the anchor point affects layer movement and scaling.

## **6. Animation Basics**

**Content & Activities:**

* **Keyframes and Timeline Navigation:**
  + Explain what keyframes are and how they control the animation of properties.
  + **Activity:** Use a layer and add keyframes along the timeline for position, scale, and opacity changes.
* **Types of Keyframes and Easing:**
  + Introduce linear, bezier, and hold keyframes. Demonstrate how to apply “Easy Ease” for smoother motion.
  + **Media:** Timeline diagrams showing keyframe positions and easing curves.
* **Outcome:**
  + Students can confidently navigate the timeline, place keyframes, and adjust easing to create smooth animations.

## **7. Essential Effects**

**Content & Activities:**

* **Applying Stylize, Blur, and Color Correction Effects:**
  + Demonstrate applying a Gaussian Blur for softening an image or video clip.
  + Introduce color correction tools such as Brightness/Contrast, Hue/Saturation, and Color Balance.
  + **Activity:** Apply a subtle drop shadow on text via the Effect > Stylize > Drop Shadow menu.
* **Understanding Transitions:**
  + Practice creating simple transitions (e.g., cross dissolve, wipe) between layers or clips.
  + **Media:** Use before-and-after screen captures to illustrate the effect changes.
* **Outcome:**
  + Students learn to enhance visuals using effects and transitions, adding a professional touch to their compositions.

## **8. Rendering and Exporting**

**Content & Activities:**

* **Using the Render Queue and Export Settings:**
  + Walk through adding compositions to the Render Queue (Composition > Add to Render Queue).
  + Explain the Output Module settings, including format selection (H.264 for web, PNG Sequence for transparency), bitrate, and resolution.
* **Output Optimization for Various Platforms:**
  + Provide guidelines for adjusting settings based on the intended platform (web/social media vs. broadcast).
  + **Activity:** Render test clips to compare quality and file size differences.
* **Outcome:**
  + Students can export their projects effectively, ensuring the final output meets platform requirements and quality standards.

## **9. Two Mini Practice Projects**

### **Part 1: Creating a Simple Lower Third**

**Step-by-Step Guide:**

1. **Set Up Your Composition:**
   * Open After Effects > File > New > New Project.
   * Create a new composition (1920×1080, 30 fps, 5-second duration).
2. **Create the Background Layer:**
   * Right-click in the Timeline panel > New > Solid.
   * Choose a color (e.g., dark blue) for the background.
3. **Add a Text Layer:**
   * Select the Text tool (T) and click in the composition.
   * Type your text (e.g., “Your Name”).
   * Use the Character panel to adjust the font, size, and color.
4. **Position the Text:**
   * Use the Selection tool (V) to place the text in the lower third.
   * Use the Align panel (Window > Align) to center or justify as needed.
5. **Animate the Text:**
   * With the text layer selected, press P to reveal the Position property.
   * Move the playhead to 0 seconds; click the stopwatch to set a keyframe.
   * Move the playhead to 1 second; adjust the position to slide the text in from the left.
   * Select both keyframes, right-click, and choose Keyframe Assistant > Easy Ease.
6. **Add a Background Shape:**
   * Create another solid (New > Solid) to form the lower third’s background.
   * Position and resize it to frame the text.
7. **Apply Effects (Optional):**
   * Select the text layer, then go to Effect > Stylize > Drop Shadow.
   * Tweak the shadow settings to add depth.
8. **Preview Your Animation:**
   * Press the spacebar to check the smoothness and timing of the animation.

**Outcome:** Students will produce a professional lower third graphic with animated text, learned layering, and a basic effect for added depth.

### **Part 2: Creating a Simple Animated Scene**

**Step-by-Step Guide:**

1. **Set Up a New Composition:**
   * Create another composition (e.g., “Animated Scene”) with the same dimensions (1920×1080, 30 fps).
2. **Import Assets:**
   * Go to File > Import > File.
   * Import assets such as:
     + A background image (e.g., a landscape.jpg)
     + A character asset or object graphic (e.g., a cartoon character.png)
     + Optional video clips if available (e.g., flying\_birds.mp4)
3. **Arrange Your Assets:**
   * Drag the background image to the timeline and scale it to fill the frame.
   * Add character or object layers to the composition, positioning them appropriately.
4. **Animate the Elements:**
   * For a character:
     + With the layer selected, press P for Position.
     + Set a keyframe at the start and another a few seconds later to move the character from one side to the other.
   * Use additional keyframes for Rotation (press R) or Scale (press S) if desired.
   * **Tip:** Use “Easy Ease” to smooth the movement between keyframes.
5. **Add Effects:**
   * Apply effects such as Gaussian Blur on a layer to simulate depth of field, or adjust opacity for fade transitions.
   * Experiment with color correction effects to harmonize the scene’s look.
6. **Use the Timeline for Timing Adjustments:**
   * Drag keyframes along the timeline to fine-tune the duration and sequencing of movements.
7. **Final Touches:**
   * Add a text layer for a scene title (e.g., “My Animated Journey”) if desired.
   * Format the text with the Character and Paragraph panels.
   * Preview your animated scene to verify the flow and timing of each element.
8. **Rendering Your Projects:**
   * For each composition (Lower Third and Animated Scene), go to Composition > Add to Render Queue.
   * Select appropriate output settings (H.264 for web delivery is recommended).
   * Render the compositions.

**Outcome:** Students will create two practical projects—a lower third and an animated scene—that consolidate all learned techniques from project setup to keyframe animation, effects application, and final output rendering.

2nd draft

### **1. Introduction to After Effects**

* Overview of software and its role in motion graphics.
* Comparison with Premiere Pro.

### **2. Project Setup and Workspace**

* Creating projects and compositions.
* Understanding composition settings and essential panels.
* Using the Media Browser.

### **3. Basic Editing and Layer Management**

* Understanding different layer types and properties.
* Layer organization and stacking order.
* Basic masks and mattes.

### **4. Creating and Formatting Text**

* Text tools and character/paragraph settings.
* Text animation techniques.

### **5. Basic Transformations**

* Positioning, scaling, rotation, and opacity adjustments.
* Understanding anchor points.

### **6. Animation Basics**

* Keyframes and timeline navigation.
* Different types of keyframes and easing.

### **7. Essential Effects**

* Applying stylize, blur, and color correction effects.
* Understanding transitions.

### **8. Rendering and Exporting**

* Using the render queue and export settings.
* Output optimization for various platforms.

### **9. 2 Mini Practice Projects**

* Creating a lower third with text animation and color effects.
* Developing a simple animated scene with imported assets.

#### **Part 1: Creating a Simple Lower Third**

1. **Set Up Your Composition**
   * Open After Effects and create a new project.
   * Go to **File > New > New Project**.
   * Create a new composition:
     + Click on **Composition > New Composition**.
     + Set the width to **1920 pixels** and height to **1080 pixels**.
     + Choose a frame rate (e.g., **30 fps**) and set duration to **5 seconds**.
2. **Create the Background Layer**
   * Right-click in the **Timeline panel** and select **New > Solid**.
   * Choose a color for your background (e.g., dark blue) and click **OK**.
3. **Add a Text Layer**
   * Select the **Text tool** (T) from the toolbar.
   * Click on the composition and type your text (e.g., “Your Name”).
   * Use the **Character panel** to adjust font, size, and color.
4. **Position the Text**
   * Use the **Selection tool** (V) to move the text to the lower third of the screen.
   * Align it properly using the **Align panel** (Window > Align).
5. **Animate the Text**
   * Select the text layer and press **P** to reveal the Position property.
   * Move the playhead to **0 seconds** and click the stopwatch icon to set a keyframe.
   * Move the playhead to **1 second** and adjust the position to slide the text in from the left.
   * Select both keyframes, right-click, and choose **Keyframe Assistant > Easy Ease** for smoother animation.
6. **Add a Background Shape**
   * Create another solid (right-click > New > Solid) for the lower third background.
   * Position this below your text layer and resize it to fit the text.
7. **Apply Effects (Optional)**
   * Select the text layer and go to **Effect > Stylize > Drop Shadow** to add depth.
   * Adjust the shadow settings in the **Effect Controls panel**.
8. **Preview Your Animation**
   * Hit the spacebar to play the animation and ensure everything looks smooth.

#### **Part 2: Creating a Simple Animated Scene**

1. **Set Up a New Composition**
   * Create another composition for your animated scene (e.g., **"Animated Scene"**).
   * Set the same dimensions and frame rate as the lower third composition.
2. **Import Assets**
   * Go to **File > Import > File** and import any images or video files you want to use (e.g., a background image and character assets).
3. **Arrange Your Assets**
   * Drag your background image to the timeline.
   * Position it to fill the composition frame.
4. **Add Character or Object Layers**
   * Import your character or object graphics.
   * Use the **Selection tool** to position these elements on the screen.
5. **Animate the Elements**
   * Select a character layer and press **P** for Position.
   * Set keyframes to create movement (e.g., moving from one side of the screen to the other).
   * Use rotation (press **R**) or scale (press **S**) properties for additional animations.
6. **Add Effects**
   * Apply effects like **Gaussian Blur** or **Opacity** changes for transitions or focus effects.
   * Experiment with different effects to enhance your scene.
7. **Use the Timeline for Timing Adjustments**
   * Adjust the timing of your animations by dragging keyframes along the timeline.
   * Ensure that movements are smooth and logically timed.
8. **Final Touches**
   * Add a text layer if needed (e.g., a title for the scene) and format it appropriately.
   * Preview your scene to check the flow and timing.

#### **Exporting Your Projects**

1. **Render the Lower Third**
   * Go to **Composition > Add to Render Queue**.
   * Choose the appropriate output settings (H.264 for web).
   * Click on **Render**.
2. **Render the Animated Scene**
   * Repeat the process for the animated scene composition.

1st draft

## **Introduction**

Understanding After Effects' role

* After Effects is Adobe's professional motion graphics and visual effects software
* Primary uses: Motion graphics, visual effects, compositing, animation
* Key differences from video editors like Premiere Pro:
  + Layer-based vs timeline-based editing
  + Focus on motion design vs linear video editing
  + Frame-by-frame control vs clip-based editing

Comparison with Premiere Pro

* Premiere Pro: Linear video editing, cutting clips, basic transitions
* After Effects: Motion graphics, complex animations, visual effects
* When to use each:
  + Premiere Pro: Main video editing, assembly, basic color correction
  + After Effects: Titles, animations, effects, motion graphics

Typical use cases and workflow

* Title sequences and lower thirds
* Logo animations
* Social media motion graphics
* Visual effects and compositing
* Character animation
* Integration with other Adobe products

## **Project Setup, Workspace, and Working with Media**

Creating new projects and compositions

* Starting a new project
* Creating compositions:
  + Setting frame size (1920x1080, 4K, etc.)
  + Frame rate selection (23.976, 24, 25, 29.97, 30, 60 fps)
  + Duration settings
  + Background color

Understanding composition settings

* Pixel aspect ratio
* Resolution settings
* Start timecode
* Working with multiple compositions
* Composition hierarchy

Essential panels overview

* Project panel: Media organization
* Composition panel: Visual workspace
* Timeline: Animation control
* Effects & Presets
* Tools panel
* Properties panel

Using Media Browser

* Navigating to source files
* Importing different file types:
  + Video files
  + Image sequences
  + Photoshop files
  + Illustrator files
  + Audio files
* Preview and import options

Managing assets in Project panel

* Creating folders for organization
* Naming conventions
* Color coding
* Search and filter options
* Interpreting footage:
  + Frame rates
  + Alpha channels
  + Field order

Understanding composition settings

* Working with nested compositions
* Precomposing elements
* Render settings
* Preview settings
* Working with proxies

## 

## **Basic Editing and Layer Management**

Understanding layers

* Difference between layers and traditional video tracks
* Layer types:
  + Solid layers
  + Shape layers
  + Text layers
  + Video/image layers
  + Audio layers
  + Adjustment layers
  + Null objects

Layer stacking order and organization

* Understanding the visual hierarchy
* Layer interaction and blending
* Organizing with:
  + Labels
  + Color coding
  + Layer groups
* Lock and hide functions

Trimming and extending layers

* Working with in/out points
* Trimming in Timeline
* Extending layer duration
* Understanding work area
* Time remapping basics

Layer properties panel

* Transform properties
* Effects controls
* Material options
* Audio properties
* Time properties

Basic masks and mattes

* Creating masks with shape tools
* Mask properties and modes
* Feathering and expansion
* Track mattes introduction

## **Creating and Formatting Text**

Text tool basics

* Creating point text vs paragraph text
* Text layer properties
* Source text animation capability
* Converting text to shapes
* Text on a path

Character panel

* Font selection and management
* Size and leading
* Tracking and kerning
* Horizontal/vertical scale
* Baseline shift
* Fill and stroke options

Paragraph panel

* Alignment options
* Justification settings
* Spacing options
* Indentation
* Hyphenation controls

Text layout options

* Text bounds
* Margins and padding
* Text orientation
* Direction (left-to-right, right-to-left)
* Text flow
* Text wrap

## **Basic Transformations**

Position

* Moving layers in 2D space
* Using numerical input
* Understanding X and Y coordinates
* Using the Position property
* Snapping and guides

Scale

* Uniform vs non-uniform scaling
* Maintaining aspect ratio
* Scale compensation
* Working with oversized/undersized assets

Rotation

* Understanding rotation values
* Multiple rotations
* Auto-orient options
* Rotation center point

Anchor point

* Understanding anchor point function
* Relocating anchor point
* Relationship with other transforms
* Pan Behind tool usage

Opacity

* Working with transparency
* Fade in/out techniques
* Opacity as a creative tool
* Blending modes introduction

Transform panel overview

* Accessing transform controls
* Keyboard shortcuts
* Transform box manipulation
* Reset transformation options

## **Understanding Animation**

What is a keyframe

* Definition and purpose of keyframes
* Types of keyframe-able properties
* Visual representation in timeline
* Auto-keyframe mode
* Keyframe indicators and symbols

Working with the timeline

* Timeline navigation
* Time ruler
* Frame navigation
* Shortcuts for timeline control
* Work area adjustments
* Timeline markers
* Using the playhead

Setting keyframes

* Creating keyframes manually
* Auto-keyframe mode usage
* Modifying keyframe values
* Selecting and moving keyframes
* Multiple keyframe manipulation
* Keyframe interpolation basics

Different types of keyframes

* Linear keyframes
* Bezier keyframes
* Hold keyframes
* Converting between keyframe types

Easy Ease

* Understanding Easy Ease
* Applying Easy Ease
* Customizing ease settings

Copying and pasting keyframes

* Methods for copying keyframes
* Pasting keyframe options

## **Essential Effects for Beginners**

Blur effects

* Gaussian Blur: Standard soft blur
* Directional Blur: Motion-like blur

Color correction basics

* Brightness & Contrast
* Hue/Saturation
* Color Balance
* Basic color matching techniques

Transitions effects

* Cross dissolve creation
* Wipe transitions
* Push transitions

## **Rendering and Export**

Render queue

* Adding compositions to render queue
* Understanding render settings
* Output module settings
* Managing multiple render items
* Render queue organization
* Background rendering

Export settings

* Format selection guide:
  + H.264 for web/social media
  + GIF for web animations
  + PNG sequence for transparency
* Quality settings
* Bitrate options
* Resolution options

Format selection

* Understanding different formats
* Codec selection
* Compression options
* File size considerations
* Platform-specific requirements
* Best practices for different uses

Output optimization

* Optimizing for web delivery
* Optimizing for broadcast
* File size management
* Quality vs size balance
* Testing output settings

## **Mini Practice Project**

Combining all learned elements

* Creating a simple lower third
* Adding basic text animation
* Implementing color effects
* Using basic transitions
* Applying blur effects
* Layer organization practice

Creating a simple animated scene

* Setting up composition
* Importing assets
* Creating text elements
* Adding basic animation
* Applying effects
* Organizing layers
* Testing playback

Troubleshooting common issues

* Frame rate issues
* Resolution problems
* Rendering errors
* Preview performance
* Memory management
* Asset linking problems
* Common beginner mistakes

Tab 6

Adobe After Effects Course: Detailed Teaching Content with Step-by-Step Exercises

Course Duration: 17 hours (6 sessions of ~2.5–3 hours)

Target Audience: Beginners to intermediate learners with basic computer skills

Objective: Students will learn to create animations, apply visual effects, and export projects using Adobe After Effects.

Session 1: Introduction to After Effects (2.5 hours)

Objective: Understand the After Effects interface, set up a project, and import assets.

1.1 Overview of After Effects Interface (1 hour)

• Teaching Content:

• Open After Effects and show the default Standard workspace.

• Explain key panels:

• Project panel: Organizes assets.

• Composition panel: Previews the animation.

• Timeline panel: Manages layers and keyframes.

• Tools panel: Contains tools like Selection (V), Type (T), and Shape (Q).

• Demonstrate how to rearrange panels: Drag a panel by its tab to a new location.

• Show how to save a custom workspace: Window > Workspaces > Save as New Workspace.

• Highlight tools: Selection (move layers), Hand (pan around), Zoom, and Type.

• Exercise: Customize the Workspace (15 min)

1. Open After Effects.

2. Go to Window > Workspaces > Animation to switch to the Animation workspace.

3. Drag the Tools panel to the top of the screen and dock it.

4. Move the Project panel to the left side of the screen.

5. Go to Window > Workspaces > Save as New Workspace, name it “MyWorkspace,” and click OK.

6. Switch back to the Standard workspace, then return to “MyWorkspace” to confirm it saved.

• Expected Outcome: Students create and save a custom workspace with rearranged panels.

1.2 Creating a New Project (1.5 hours)

• Teaching Content:

• Create a new project: File > New > New Project.

• Explain the .aep file format (After Effects project file).

• Create a composition: Composition > New Composition.

• Set resolution to 1920x1080 (HD), frame rate to 30 fps, duration to 10 seconds.

• Discuss presets (HDTV, Web, Mobile).

• Import assets: File > Import > File or drag-and-drop into the Project panel.

• Supported formats: PNG/JPG (images), MP4/MOV (videos), MP3/WAV (audio).

• Organize assets in the Project panel: Right-click > New Folder.

• Add assets to a composition: Drag from Project panel to Timeline or Composition panel.

• Explain layer stacking: Top layers appear in front.

• Exercise: Set Up a Project and Import Assets (30 min)

1. Go to File > New > New Project.

2. Save the project: File > Save, name it “FirstProject.aep,” and choose a folder.

3. Create a composition: Composition > New Composition.

• Set Name: “IntroComp,” Width: 1920, Height: 1080, Frame Rate: 30, Duration: 10 seconds.

• Click OK.

4. Import assets:

• Go to File > Import > File.

• Select one image (PNG/JPG), one video (MP4/MOV), and one audio file (MP3/WAV) from your computer.

• Click Import.

5. In the Project panel, right-click, select New Folder, name it “Assets.”

6. Drag the imported files into the “Assets” folder.

7. Drag the image and video from the Project panel to the Timeline of “IntroComp.”

8. In the Timeline, move the video layer below the image layer (drag the video layer downward).

9. Save the project (Ctrl/Cmd+S).

• Expected Outcome: A 10-second composition with an image and video layer, organized in the Project panel.

Homework: Import 2 additional assets (e.g., another image and audio file) into a new project and save it.

Session 2: Basic Animation Techniques (3 hours)

Objective: Learn keyframing and transform properties to create simple animations.

2.1 Keyframing Basics (1.5 hours)

• Teaching Content:

• Explain keyframes: Markers that define property changes over time.

• Show the stopwatch icon in the Timeline to enable keyframing.

• Demonstrate a Position animation:

• Create a solid layer (Layer > New > Solid).

• Click the arrow next to the layer to expand Transform > Position.

• Click the stopwatch to set a keyframe, move the object, and set another keyframe.

• Navigate keyframes using the keyframe navigator arrows in the Timeline.

• Introduce the Graph Editor (click the graph icon in the Timeline) to show speed curves.

• Exercise: Animate a Solid Layer (30 min)

1. Open a new project (File > New > New Project) and save it as “AnimationPractice.aep.”

2. Create a composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “MoveSolid”).

3. Create a solid layer: Layer > New > Solid, choose a color (e.g., blue), click OK.

4. In the Timeline, click the arrow next to the solid layer to expand Transform.

5. Select Position, click the stopwatch to set a keyframe at 0 seconds.

6. Move the playhead to 5 seconds (drag the blue playhead or type “5:00” in the time display).

7. In the Composition panel, drag the solid to the right side of the screen (this creates a second keyframe automatically).

8. Press the spacebar to preview the animation.

9. Save the project.

• Expected Outcome: A blue solid square moves from left to right over 5 seconds.

2.2 Working with Position, Scale, and Rotation (1.5 hours)

• Teaching Content:

• Expand Transform properties: Position, Scale, Rotation, Opacity, Anchor Point.

• Demonstrate animating Scale (e.g., grow from 0% to 100%) and Rotation (e.g., 360°).

• Apply easing: Select keyframes, right-click, choose Keyframe Assistant > Easy Ease.

• Show the Graph Editor to compare linear vs. eased keyframes (curved motion).

• Combine animations: Animate Position, Scale, and Rotation together.

• Exercise: Animate an Image with Transform Properties (45 min)

1. Open your “AnimationPractice.aep” project.

2. Create a new composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “LogoAnim”).

3. Import a logo image (PNG with transparent background): File > Import > File.

4. Drag the logo to the “LogoAnim” Timeline.

5. Expand the logo layer’s Transform properties in the Timeline.

6. Set Scale keyframes:

• At 0 seconds, set Scale to 0% (click stopwatch, type “0” in Scale values).

• At 3 seconds, set Scale to 100%.

7. Set Rotation keyframes:

• At 0 seconds, set Rotation to 0° (click stopwatch).

• At 3 seconds, set Rotation to 360°.

8. Set Position keyframes:

• At 0 seconds, set Position to center (default).

• At 5 seconds, drag the logo to the bottom-right corner in the Composition panel.

9. Select all keyframes (drag a box around them in the Timeline).

10. Right-click a keyframe, select Keyframe Assistant > Easy Ease.

11. Press spacebar to preview the animation.

12. Save the project.

• Expected Outcome: A logo grows from 0% to 100%, rotates 360°, and moves to the bottom-right with smooth easing.

Homework: Create a 5-second animation combining Position and Opacity (fade in) with easing.

Session 3: Layers and Compositions (3 hours)

Objective: Work with layer types and organize projects using compositions.

3.1 Layer Types (1.5 hours)

• Teaching Content:

• Introduce layer types:

• Solid: Backgrounds or effects (Layer > New > Solid).

• Text: Created with Type tool (Ctrl/Cmd+T).

• Shape: Drawn with Shape tool (Q).

• Footage: Imported images/videos.

• Modify layer properties:

• Solid: Change color/size in the Solid Settings dialog.

• Text: Adjust font/size in the Character panel.

• Shape: Adjust fill/stroke in the Toolbar.

• Duplicate layers: Ctrl/Cmd+D.

• Exercise: Create Layers (30 min)

1. Open a new project, save as “LayersPractice.aep.”

2. Create a composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “LayerTest”).

3. Create a solid layer:

• Go to Layer > New > Solid, set color to red, click OK.

4. Create a text layer:

• Select the Type tool (Ctrl/Cmd+T).

• Click in the Composition panel, type “Hello.”

• In the Character panel (Window > Type > Character), set font to Arial, size to 48 pt.

5. Create a shape layer:

• Select the Rectangle tool (Q).

• Draw a rectangle in the Composition panel.

• In the Toolbar, set Fill to yellow, Stroke to 5 px black.

6. In the Timeline, arrange layers: Text on top, Shape in middle, Solid at bottom.

7. Duplicate the text layer (Ctrl/Cmd+D) and change the text to “World.”

8. Save the project.

• Expected Outcome: A composition with a red solid, yellow rectangle, and two text layers (“Hello” and “World”).

3.2 Compositions and Nested Compositions (1.5 hours)

• Teaching Content:

• Create a composition: Composition > New Composition.

• Nest compositions: Drag one composition into another in the Project panel.

• Organize the Project panel: Create folders for assets and comps.

• Pre-compose layers: Select layers, right-click, Pre-compose.

• Exercise: Nest Compositions (45 min)

1. Open “LayersPractice.aep.”

2. Create a new composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “Background”).

3. Add a solid layer to “Background”: Layer > New > Solid, set color to blue.

4. Create another composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “TextAnim”).

5. In “TextAnim,” add a text layer:

• Use Type tool, type “Welcome,” set font to Arial 48 pt.

6. In the Project panel, create a folder: Right-click, New Folder, name it “Comps.”

7. Drag “Background” and “TextAnim” into the “Comps” folder.

8. Nest “TextAnim” into “Background”:

• Drag “TextAnim” from the Project panel to the “Background” Timeline.

9. In the “Background” Timeline, move “TextAnim” layer to the center of the Composition panel.

10. Save the project.

• Expected Outcome: A “Background” composition with a blue solid and a nested “TextAnim” composition containing “Welcome” text.

Homework: Create a 5-second composition with a nested composition containing a shape and text layer.

Session 4: Effects and Presets + Text Animation (3 hours)

Objective: Apply effects, use presets, and animate text.

4.1 Effects and Presets (1.5 hours)

• Teaching Content:

• Open Effects & Presets panel (Window > Effects & Presets).

• Apply effects: Drag effects like Gaussian Blur or CC Particle World to a layer.

• Adjust effect settings in the Effect Controls panel.

• Apply presets: Browse Animation Presets in the Effects & Presets panel.

• Save a custom preset: Animation > Save Animation Preset.

• Exercise: Apply Effects and Presets (30 min)

1. Open a new project, save as “EffectsPractice.aep.”

2. Create a composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “EffectTest”).

3. Import an image (PNG/JPG) and drag it to the “EffectTest” Timeline.

4. Apply Gaussian Blur:

• In the Effects & Presets panel, search “Gaussian Blur.”

• Drag it to the image layer.

• In the Effect Controls panel, set Blurriness to 20.

5. Apply a preset:

• In Effects & Presets, go to Animation Presets > Transitions – Movement > Fade In.

• Drag the “Fade In” preset to the image layer.

6. In the Timeline, check the Opacity keyframes created by the preset.

7. Save the project.

• Expected Outcome: An image with a blur effect that fades in over 5 seconds.

4.2 Text and Typography Animation (1.5 hours)

• Teaching Content:

• Create text: Use Type tool, adjust in Character panel.

• Animate text: Expand Text > Animator, add properties like Position or Opacity.

• Apply text presets: Use Animation Presets > Text (e.g., Typewriter).

• Combine animations for dynamic effects.

• Exercise: Animate Text with a Preset (45 min)

1. Open “EffectsPractice.aep.”

2. Create a new composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “TextEffect”).

3. Add a text layer:

• Select Type tool, click in Composition panel, type “Animation.”

• In Character panel, set font to Helvetica, size 48 pt, color white.

4. Apply Typewriter preset:

• In Effects & Presets, go to Animation Presets > Text > Animate In > Typewriter.

• Drag it to the text layer.

5. Add Position animation:

• In the Timeline, expand Text > Animator 1, click Add > Property > Position.

• Set Position at 0 seconds to (-200, 0).

• Set Position at 3 seconds to (0, 0).

6. Preview with spacebar.

7. Save the project.

• Expected Outcome: “Animation” text types on and slides in from the left.

Homework: Create a 5-second text animation with a preset and one custom property (e.g., Scale).

Session 5: Advanced Animation Techniques + Compositing (3 hours)

Objective: Learn motion tracking, 3D layers, green screen keying, and masking.

5.1 Motion Tracking and Stabilization (1.5 hours)

• Teaching Content:

• Open Tracker panel (Window > Tracker).

• Track motion: Select Track Motion, choose Position, analyze a high-contrast point.

• Apply tracking to a null object and parent another layer to it.

• Stabilize footage: Use Stabilize Motion to smooth shaky video.

• Exercise: Motion Track a Text Layer (30 min)

1. Open a new project, save as “TrackingPractice.aep.”

2. Import a short video clip (MP4/MOV) with a moving object (e.g., a car).

3. Create a composition: Composition > New Composition (match video resolution, 5 seconds, name “TrackTest”).

4. Drag the video to the Timeline.

5. Open Tracker panel (Window > Tracker).

6. Select Track Motion, choose Position, and click the track point on a high-contrast area (e.g., car window).

7. Click Analyze Forward (play button in Tracker panel).

8. Click Edit Target, select a new null object (Layer > New > Null Object), click OK.

9. Click Apply, choose X and Y, click OK.

10. Add a text layer: Type “Follow Me,” set font to Arial 36 pt.

11. Parent the text layer to the null: In the Timeline, drag the text layer’s Parent pick whip to the null layer.

12. Preview with spacebar.

13. Save the project.

• Expected Outcome: Text follows the tracked object in the video.

5.2 3D Layers and Camera (1 hour)

• Teaching Content:

• Enable 3D: Click the 3D cube icon in the Timeline.

• Adjust Z-axis in Transform properties.

• Add a camera: Layer > New > Camera (50mm preset).

• Animate camera Position and Point of Interest.

• Exercise: Animate a 3D Text with Camera (20 min)

1. Open “TrackingPractice.aep.”

2. Create a composition: Composition > New Composition (1920x1080, 30 fps, 5 seconds, name “3DTest”).

3. Add a text layer: Type “3D Fun,” set font to Arial 72 pt.

4. Enable 3D: In the Timeline, click the 3D cube icon for the text layer.

5. Set Z Position: At 0 seconds, set Position Z to 500; at 5 seconds, set to -500.

6. Add a camera: Layer > New > Camera, use 50mm preset, click OK.

7. Animate camera:

• At 0 seconds, set Position to (960, 540, -1000), Point of Interest to (960, 540, 0).

• At 5 seconds, set Position to (960, 540, -500).

8. Preview with spacebar.

9. Save the project.

• Expected Outcome: 3D text moves toward the viewer with a moving camera.

5.3 Green Screen and Masking (0.5 hours)

• Teaching Content:

• Key green screen: Use Effect > Keying > Keylight (1.2), select green with eyedropper.

• Create masks: Use Pen tool (G) to draw shapes, adjust in Timeline.

• Exercise: Key Green Screen and Mask (15 min)

1. Open “TrackingPractice.aep.”

2. Import a green screen video clip.

3. Create a composition: Composition > New Composition (match video resolution, 5 seconds, name “KeyTest”).

4. Drag the video to the Timeline.

5. Apply Keylight: Effect > Keying > Keylight (1.2).

6. In Effect Controls, click the eyedropper next to Screen Colour, select the green background.

7. Adjust Screen Gain to remove green (try 110–130).

8. Add a background image (PNG/JPG) below the video layer.

9. Create a mask:

• Select the video layer, choose Pen tool (G), draw a triangle around the subject.

• In the Timeline, adjust Mask Feather to 10 px.

10. Save the project.

• Expected Outcome: Green screen removed, subject in a triangle mask over a background.

Homework: Create a 5-second animation with motion tracking or a 3D camera effect.

Session 6: Rendering, Exporting, and Final Project (2.5 hours)

Objective: Export projects and complete a final project with peer review.

6.1 Rendering and Exporting (1 hour)

• Teaching Content:

• Render: Composition > Add to Render Queue.

• Set Output Module: Choose H.264 for web, adjust resolution.

• Set Output To: Choose file path and name.

• Use Adobe Media Encoder for batch rendering and platform presets.

• Exercise: Export a Composition (20 min)

1. Open “EffectsPractice.aep.”

2. Select the “TextEffect” composition.

3. Go to Composition > Add to Render Queue.

4. In the Render Queue, click Output Module, select H.264.

5. Click Output To, choose a folder, name the file “TextEffect.mp4,” click Save.

6. Click Render (top-right of Render Queue).

7. Check the exported MP4 file in your folder.

• Expected Outcome: A 5-second MP4 video of the text animation.

6.2 Final Project and Review (1.5 hours)

• Teaching Content:

• Plan a 15–30-second project using at least 3 techniques (e.g., keyframing, effects, text animation).

• Work on the project with instructor guidance.

• Present projects and give peer feedback.

• Exercise: Create and Present Final Project (70 min)

1. Open a new project, save as “FinalProject.aep.”

2. Create a composition: Composition > New Composition (1920x1080, 30 fps, 20 seconds, name “Final”).

3. Plan your project (10 min):

• Example: Intro (text animation), Main Scene (image with effect), Outro (fade out).

4. Build the project (30 min):

• Import assets (image, video, audio).

• Create a text layer with a Typewriter preset (as in Session 4).

• Add an image layer with Gaussian Blur and Fade In preset (as in Session 4).

• Animate the image’s Position (as in Session 2).

• Add background audio.

5. Export: Use Render Queue, H.264, name “Final.mp4” (as in 6.1).

6. Present (30 min):

• Play your MP4 for the class.

• Each student gives feedback on 2 peers’ projects (e.g., “Great text animation, consider faster pacing”).

• Expected Outcome: A 20-second animation with text, effects, and motion, exported as MP4, with peer feedback.

Homework: Polish the final project if needed.