

Exporting Standard Definition or High Definition in the H.264 format

To export a quicktime movie of your project in Final Cut Pro in the H.264 format, follow the steps listed below.

1. In Final Cut Pro: File > Export > Using Quicktime conversion.
2. A window will pop up. In the "Save as" box name your project and save to the appropriate place.
3. Still in the window - toward the bottom you will see "Format - Quicktime Movie - Options." Click on "Options."
4. A second window will open. Under the Video heading, click the "Settings . . ." option (a third window pops open) and select "H.264" as the compression type if it is not already set and make sure the "Quality" is at best. Click "OK," to close this window.
5. Then, again, under "Video" in the second window, click the "Size" option.
6. For "Dimensions" choose NTSC 720x480 4:3 if you are shooting standard and NTSC 720X480 16:9 if you are shooting widescreen. If your project is HD please use the HD 1280 X 720 Dimension.
7. Still in the "size" window, check "Deinterlace Source Video." Click "OK"
8. Make sure that your sound settings are 48KHz 16bit.
9. You can uncheck "Prepare for Internet Streaming."
10. Click "Save." Your project may take a few minutes or more (depending on the length of the project) to export.