Uploading Video Files

Video
Video may be uploaded in the following formats: FLV • M4V • MP4 • MOV • SWF • WMV

Average file size of a 2 to 3 minute flash video is 10-50 MBs. To reach 500GB you would have to upload 10,000 2 to 3 minute flash videos.

We recommend uploading files no larger than 50MBs. Exceeding this size will result in slower upload times and potential degradation of the video file and/or audio quality.

Uploaded video will be converted to QuickTime (.mov) and Flash (.flv). The only exception to this is SWF video. SWFs are stored as-is and will not play on iOS devices. Video created from Photo Story 3, even those that otherwise match the accepted file types, is not accepted.

Files we convert to .mov will play back in Atomic Learning's Web-based QuickTime player and on iOS devices. Files we convert to .flv will play back in Atomic Learning's Web-based Flash player.

Frame Rate
The Frame Rate dictates how many images of a movie are displayed every second a movie is played. We recommend:

- 12-15 frames per second for screen-capture tutorials
- 24-30 frames per second for full-motion video

Data Rate
The Data Rate is the amount of digital data that is moved from one place to another in a given time. We recommend setting Data Rate to Automatic.

Resolution
For best results, we recommend a 4:3 aspect ratio no smaller than 800x600, and for 16:9 no smaller than 800x450. Any video larger than these sizes will be reduced to these standards; this may reduce playback quality.

Uploading Audio Files

Audio
Audio playback results best when the audio codec of AAC (MP4 format) is used with a Sample Rate of 32.000 kHz and a Target Bit Rate of 40 kpbs or greater.

Standalone audio files may be uploaded as MP3, MP4 and WAV.

Uploading Documents

Documents
Generally, all non-executable file types are supported. Certain executable file types (see list when uploading a document) are not allowed, since downloading them onto another user's computer may be unsafe or may have unexpected effects. A safe way to upload a file that would not otherwise be allowed is to put that file inside a ZIP file, and then upload the ZIP file.

External Links

URLs
You may include links to external Web sites in your course outline. When choosing the URL radio button, the tutorial URL field will populate with "http://" to get you started. All external links created for your training course will open in a separate window when clicked.

SEPTEMBER 2014

UPLOAD TIPS

Atomic Learning®