

Channel Model Exercise

Pre-Step: Always save your video project

Step 1: Create a file for your project

Step 2: Put all resources needed in the project file (video, audio, text, etc.)

Step 3: Open Premiere Pro



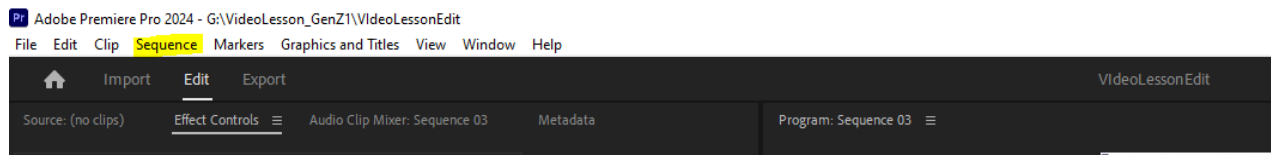
Step 4: Start a new project

Step 5: Change the project name

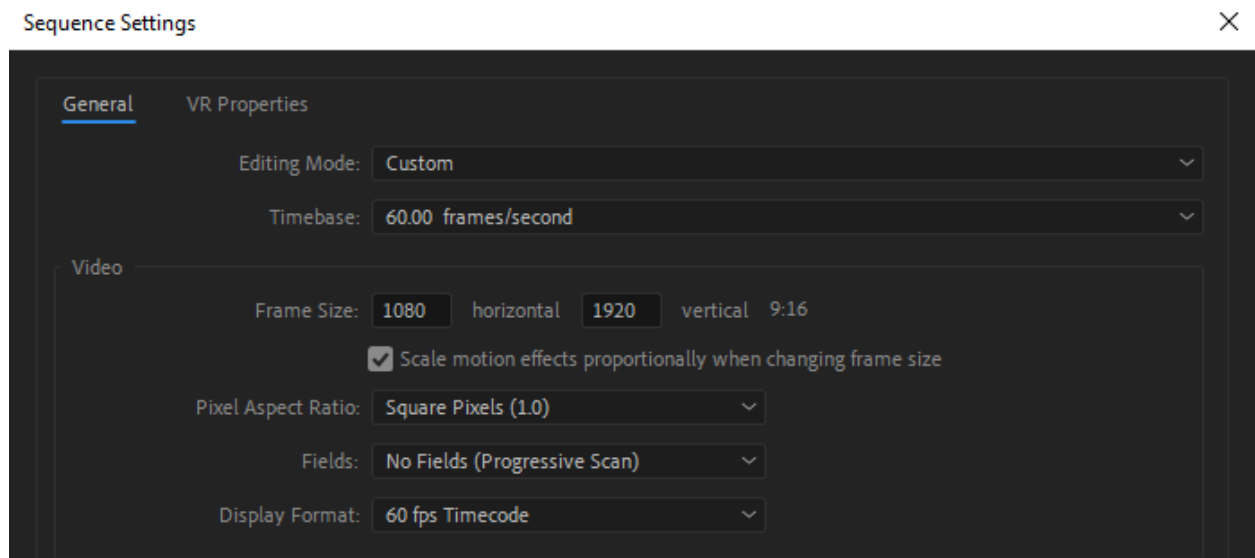
Step 6: Locate your project file

Step 7: Select the video of your choice

Step 8: Go to Sequence then Sequence settings



Step 9: Change the resolution to H: 1080 V:1920



Step 10: *Unlink* the video from sound

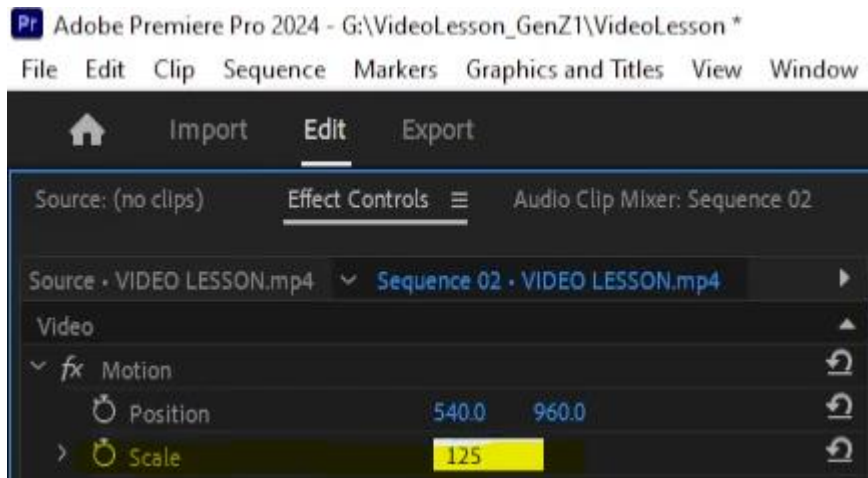
Step 11: Copy the video in video segment 1

Step 11a: Drag the video-to-video segment 2

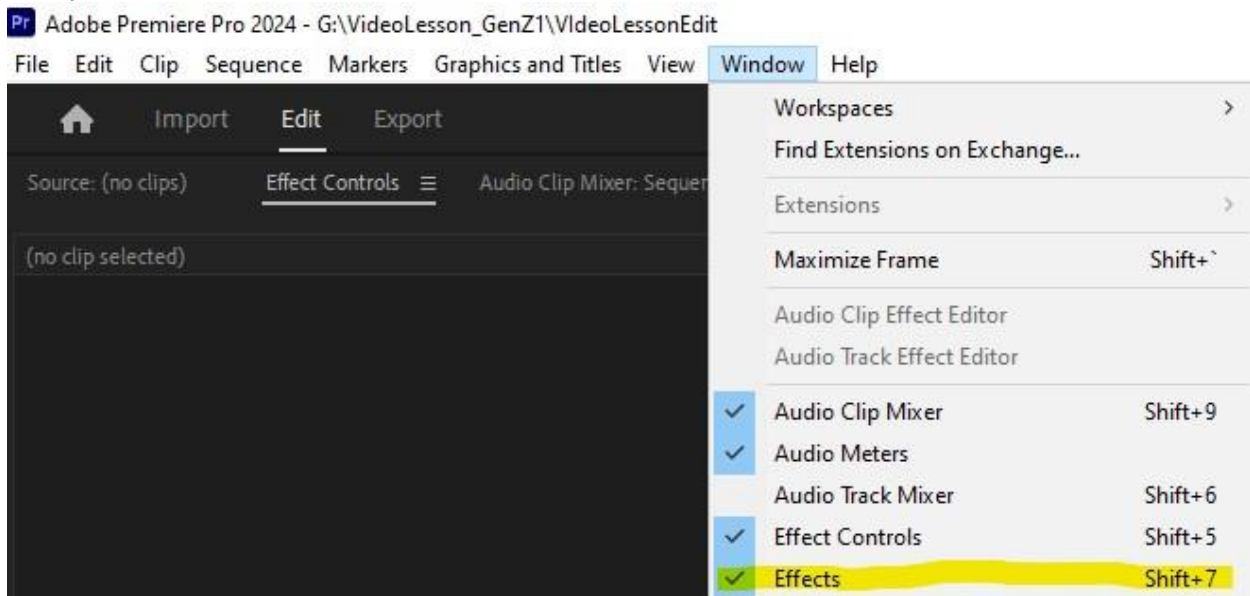
Step 11b: Paste the video in video segment 1

Step 12: Scale the top (front) video to 125 (for example) or the scaling that fits

Step 13: Scale the bottom (back) to 180 (for example) or the scaling that fits



Step 14: Click Effects (Shift+7)

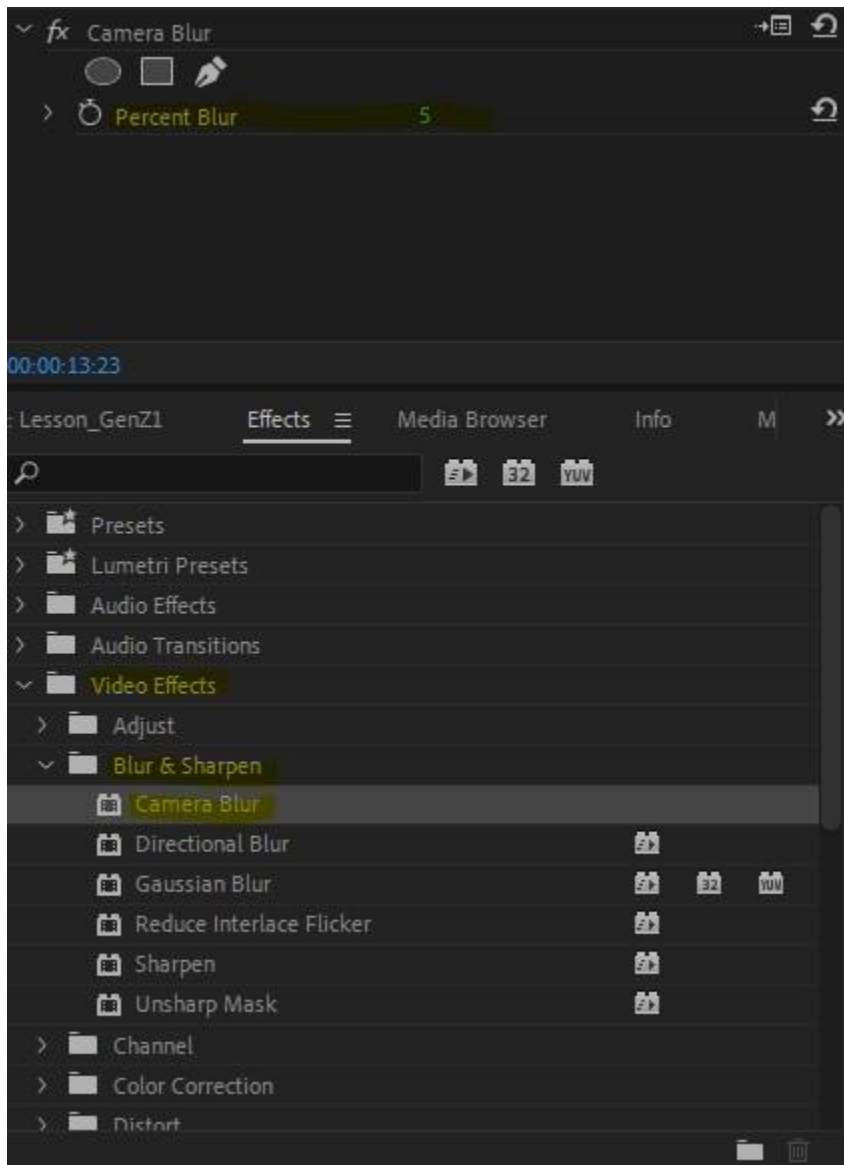


Step 15: Go to *Video Effects*

Step 15a: Click the drop-down menu for *Blur & Sharpen*

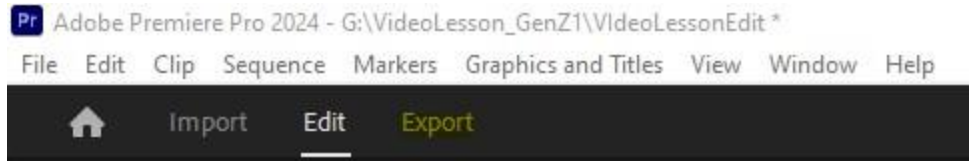
Step 15b: Locate the *Camera Blur* effect and drag/drop to the bottom (back) video

Step 16: Adjust “Percent blur” to 5% or the percentage that fits



Step 17: Save your project (Ctrl+S)

Step 18: Click the Export tab (Ctrl+M)



Step 19: Check/Change file name

Step 19a: Check the “save file location”

Step 19b: Check export settings to match video settings

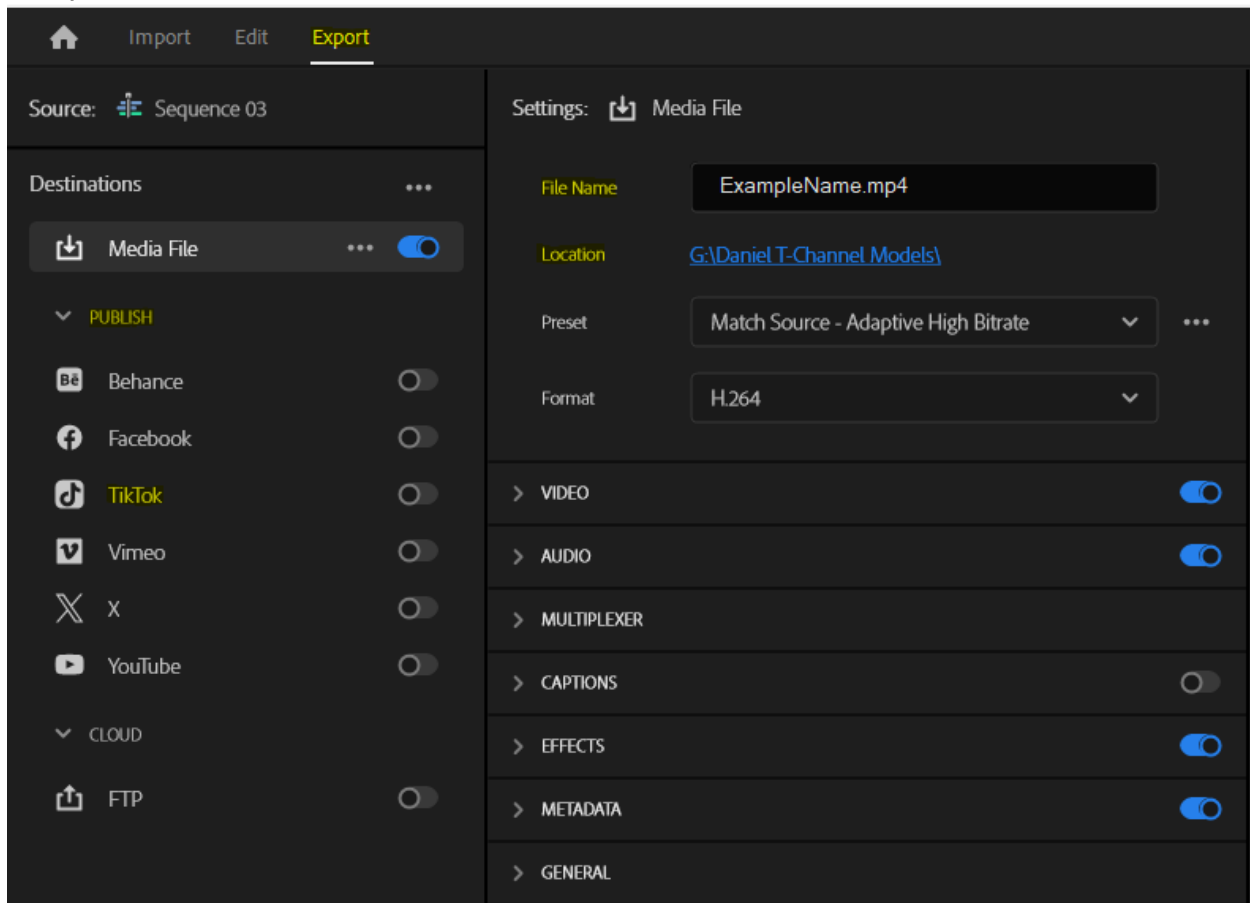
Ex: Resolution, Frames Per Second (FPS), Video type

Step 19c: Check that the whole video is being exported

This can happen if a part of the video in editing is highlighted

Extra: You can export your video directly to TikTok via Premier Pro export (not available for Instagram)

Step 20: Export the video



The image shows a video editing software interface with a dark theme. At the top, there is a preview window displaying a black frame. Below it is a multi-track timeline with a blue bar on the video track. The timeline has a timecode of 00:00:07:04 on the left and 00:01:33:26 on the right. Below the timeline is a control bar with a 'Range' dropdown set to 'Entire Source', playback controls (stop, play, pause), and a 'Scaling' dropdown set to 'Scale to fit'. The bottom section contains source and output information:

Source	Output
Sequence 03	
Video: 1920x1080 (1.0) 60 fps Progressive 00:01:33:26	Video: H.264 1920x1080 (1.0) 60 fps Progressive 203 (75% HLG, 58% PQ) Hardware Encoding Nvidia Codec 00:01:33:26 VBR 1 pass Target 38.00 Mbps
Audio: No audio available	Audio: AAC 320 kbps 48 kHz Stereo
	Estimated File Size: 447 MB

At the bottom right, there are two buttons: 'Send to Media Encoder' and 'Export'.