"Benefits of Barbell Training" Video Documentary

[Culmination Project Spring 2022 Presentation]



By Jose Rojas



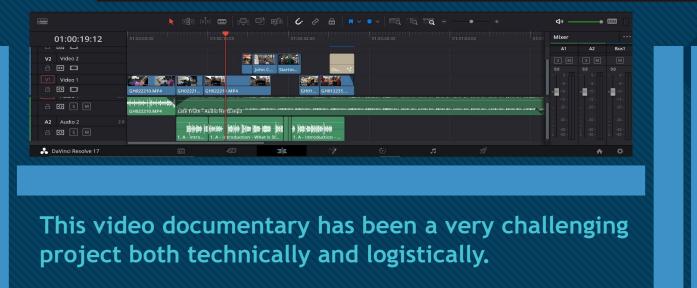
Why this project?

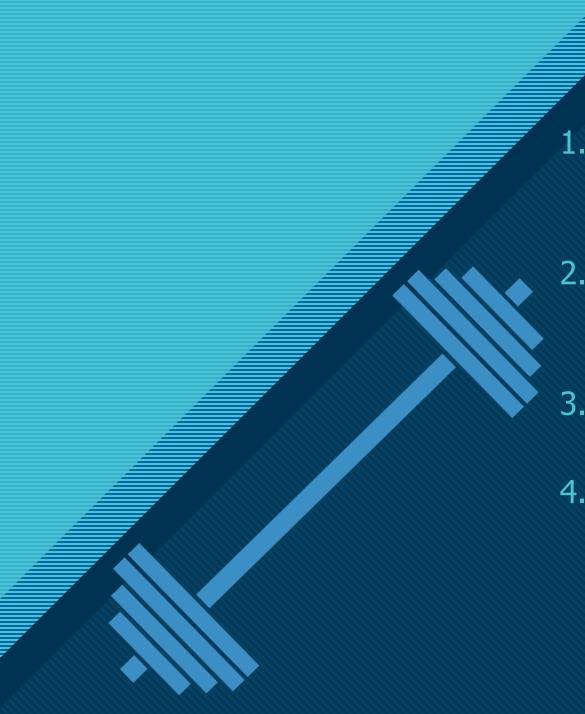
"I wanted to use my video production skills learned in Citytech's ENT department to produce an informative video about a topic that has positively impacted my life."

My Roles on this Project

- Producer
- Video editor
- On screen subject
- Narrator







Production Process Breakdown

- 1. Gathering resources and research
 - A. Writing outline & script
 - B. Gathering sources, information, images, ect...
- 2. The Shoot
 - A. Record voice over narration
 - B. Shooting video on locations as needed
- 3. Production phase
 - A. Edit video content / rough cut
- 4. Post Production
 - A. Color correction
 - B. Sound leveling / mixing
 - C. Test fine cut on multiple devices
 - D. Make adjustments based on feedback

PRODUCTION PROCESS Outline & Script

I created an outline of the topic I was to cover in video format. The outline helped me write the script and organize my talking points.

- 1. Chapter 1: Thesis / Introduction
 - A. What is strength?
 - B. Why is it important for health and longevity?
- 2. Chapter 2: Strength Training
 - A. The basics of loaded barbell movements in relation to natural human movements

- B. What about machines, dumbbells, and calisthenics?
- C. Why specifically barbell movements?
- 3. Chapter 4: Who is strength training for? Interview with Mariann
 - A. Can barbell training help rehab injured people?
 - B. Interview with Mariann
- 4. In Closing
 - A. Strength training can be a tool that humans can use to maintain and promote healthy living...
 - B. Closing Credits

Music	Study article /	Transition	Graphics
	book quote	book quote	
	Music		Music Study article / book quote

- 1. Thesis / Introduction
 - A. What is strength?

(Music) (Wide shot of Mariann training followed by old people training with weights at gym) (Title graphic) One of the biggest misconceptions about barbell training is that it only benefits young, active, and athletic individuals. Most people believe that any type of strength training for average non athletic and older individuals might negatively impact their health (Medium shot of an older trainee lifting weights) because of the strenuous nature of exerting force. However, being physically strong is very important for quality of life in all types of people regardless of age and gender. In this video, I'm going to explain why physical strength is very important for quality of life and the unique benefits that barbell training provides not only for average sedentary individuals, but for older individuals (Close up shot of older people training) whom studies suggest are the age group which barbell training can benefit the most. In addition, I am going to interview a barbell trainee who has previously suffered several injuries and has successfully rehabbed her injuries with barbell training. (Fade to black)

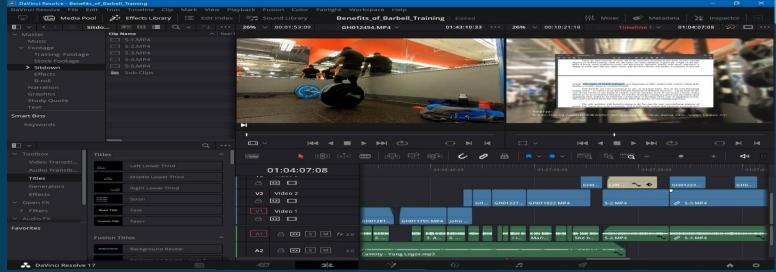
EQUIPEMENT & SOFTWARE USED IN THIS PROJECT





Davinci Resolve 17





FILMING LOCATIONS











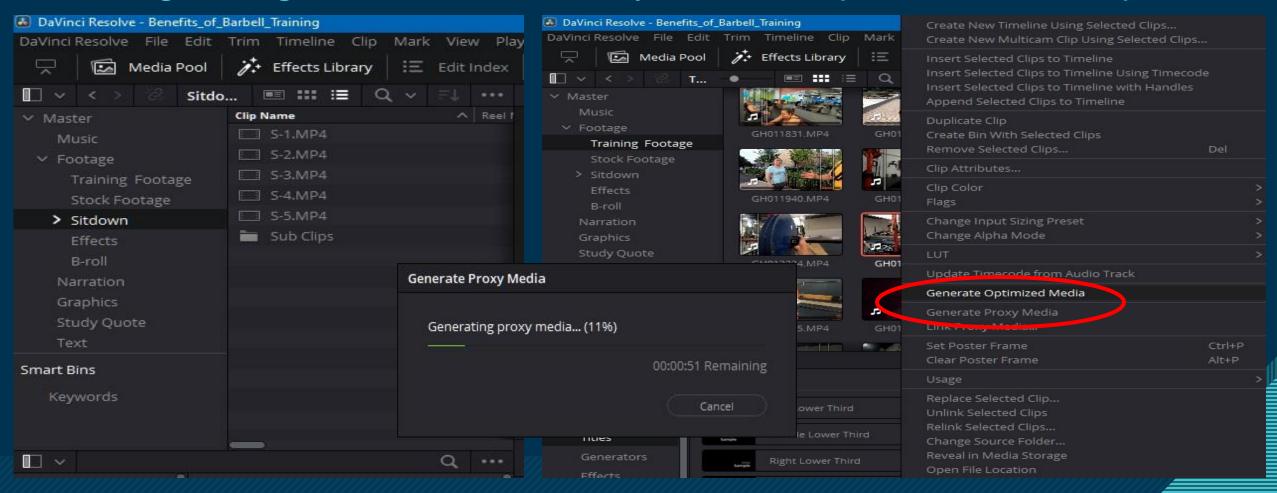




WORK FLOW

Organizing media

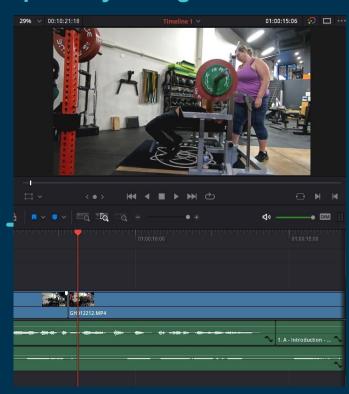
Proxy media & Optimized media options



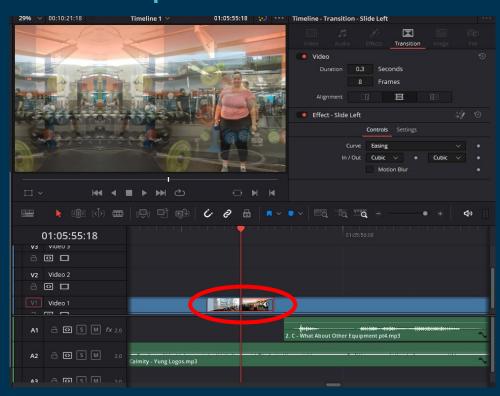
EDITING TECHNIQUES

"Match Cut" / "Cut in action" to keep fluidity throughout the video



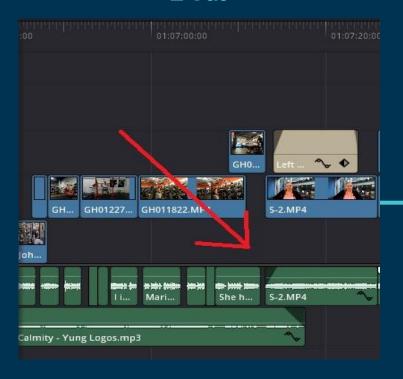


8 frames wipe transition on certain shots

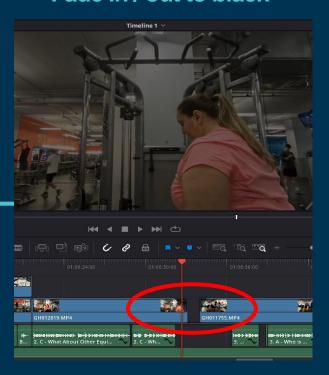


EDITING TECHNIQUES

"L Cut"



Fade in / out to black

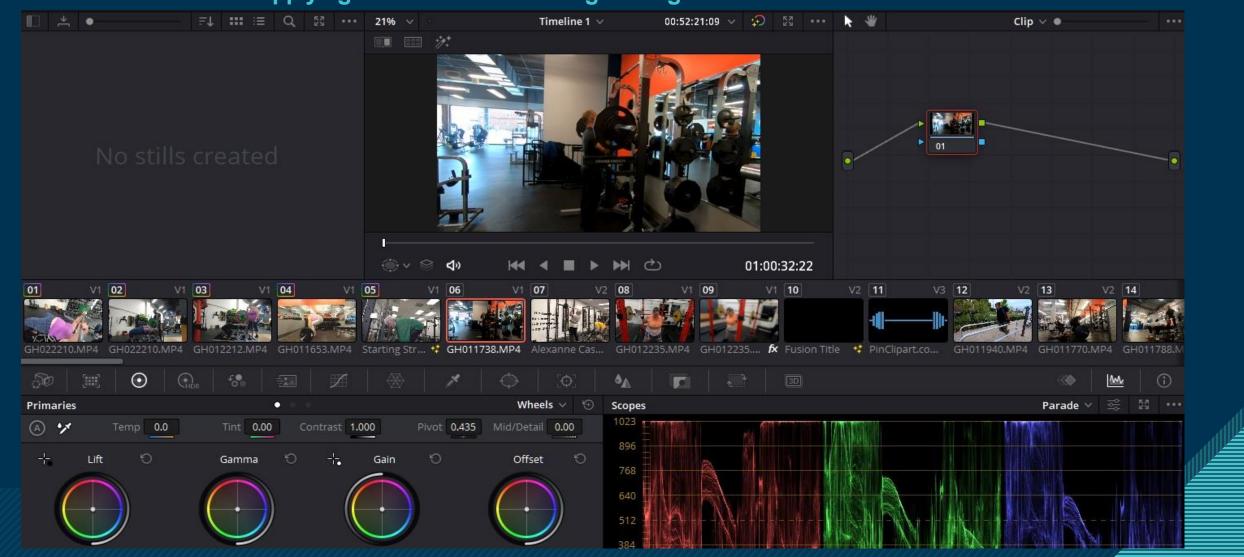


Dissolve



Post Production Fine Tuning Video

Applying Color Correction using "Fairlight" in Davinci Resolve 17



Post Production Fine Tuning Video

Before Color Correction

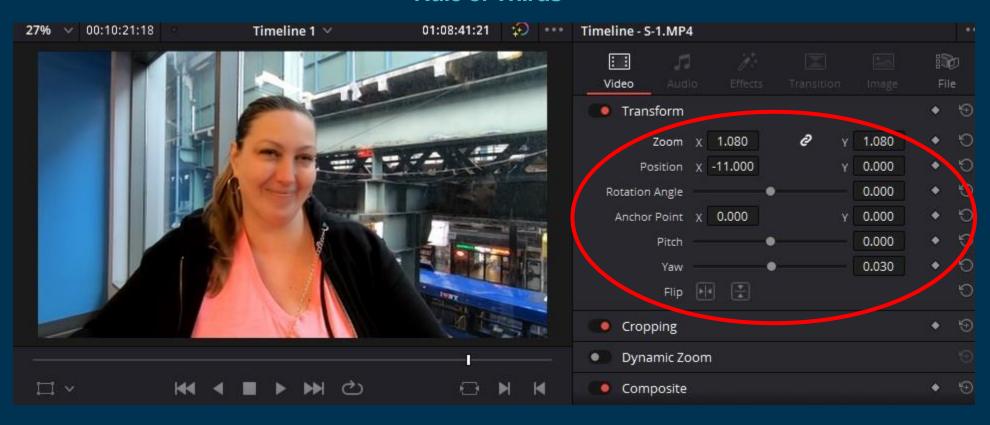


After Color Correction

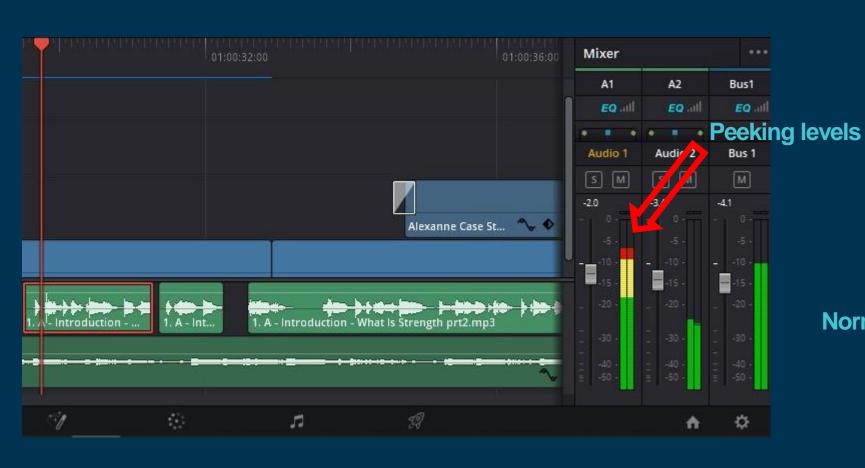


Post Production Fine Tuning Video

Rule of Thirds



Post Production Fine Tuning Audio

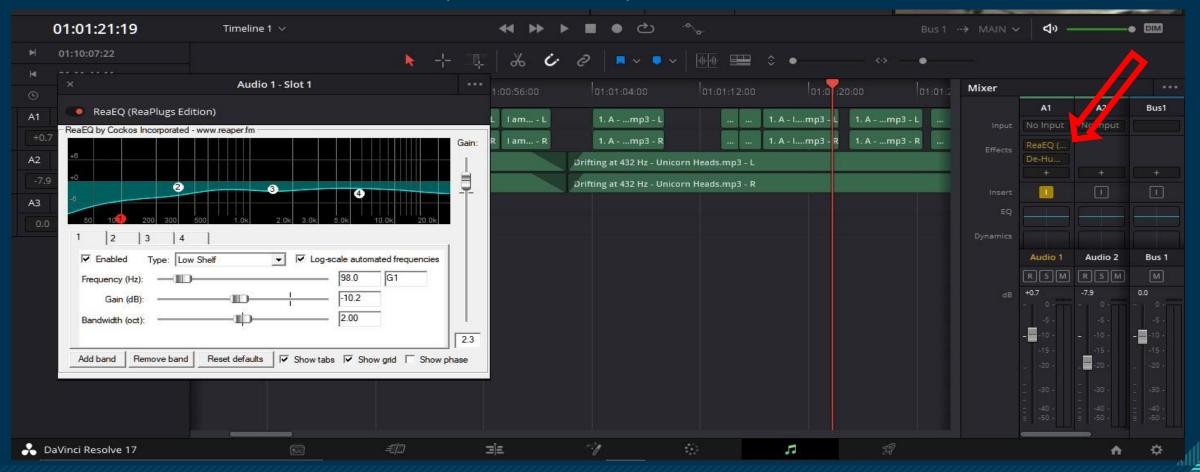


Normalized levels



Post Production Fine Tuning Audio

EQ USING "REAEQ" AUDIO PLUGIN



BUDGET

Equipment, transportation, ect	Cost	Notes
Stock footage	\$9.99	3 month subscription from Pexel.com
30-day unlimited Metrocard	\$127.00	For shoot locations such as gyms, outdoor scenery ect
Software, filming & recording equipment used in this project	\$0	All equipment and software are free or I already owned.

Estimated total cost

\$160.00

CHALLENGES

- Filming (timing issues)
- Narration
- Davinci Resolve memory issues
- Sub clips not working properly



What I learned...



Prof. Steve Olswang (technical advisor)

Prof. Ryoya Terao

Prof. Mario Trevino

My wife Mariann

Department of Entertainment Technology