

TUTORIAL 3

Quintic[®]

1 for Sports Analysis

Tutorial 3 – Take a Picture

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Photo
 Photo Sequence
 Export Analysis

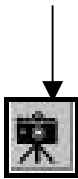
GO TO RE-CAP ON THE QUESTION SHEET
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1: Photo.

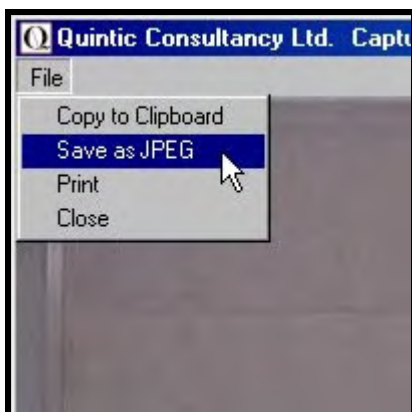
Keep open the video ‘**Long jumper – female**’ from the **athletics** folder.

You are now going to learn how you can use the photo function to create a picture that could be used for a presentation.

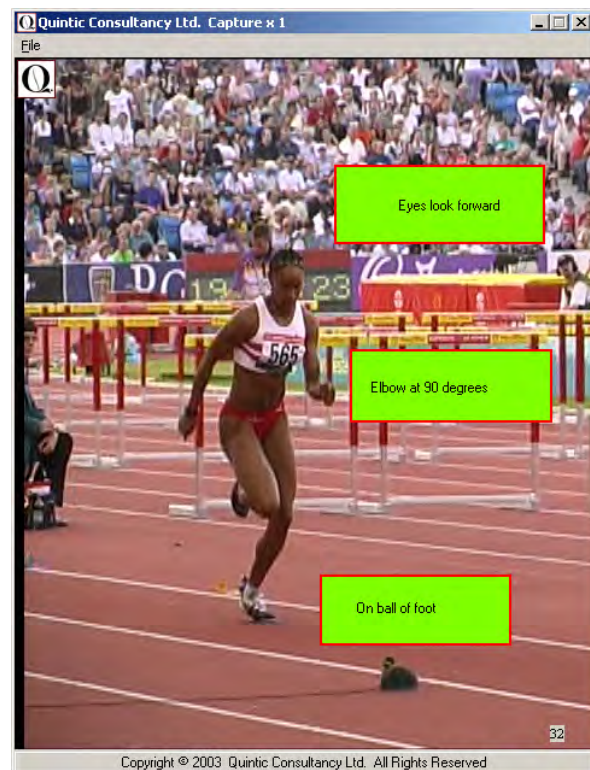
Go to your markers and select your first one. Click on the still camera button in between the zoom and the memo pad buttons. The image below should then appear.



Click on the file options in the top left hand corner and save the image as a JPEG:



Try importing this into a Word document or a PowerPoint presentation.



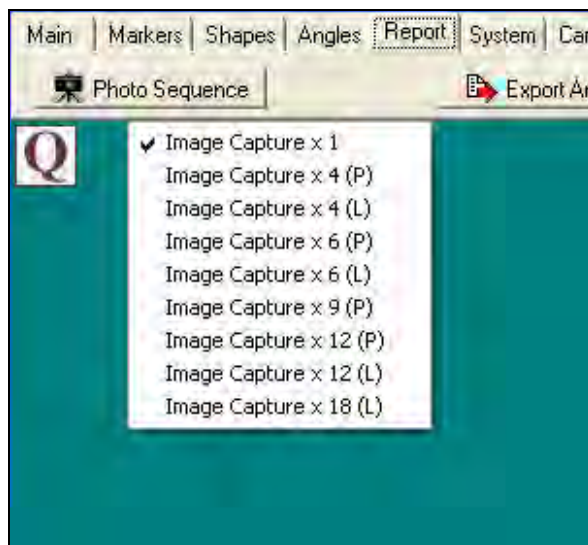
GO TO QUESTIONS 1 AND 2 ON THE QUESTION SHEET

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2: Photo Sequence

You can create a Four, Six, Nine, Twelve or Eighteen photo sequence by using the Photo Sequence function. Scroll the video file to the frame at which you want to make the first capture.

Under the **'Capture'** tag select the number of images you would like in the sequence. You also have the choice of the way it will be displayed, portrait (P) or landscape (L). Experiment with these to see which is more suitable for your display.



You may be given the choice of 'Vertical' or 'Horizontal' mode. The choice you should make depends on which sporting image you are using and which shape of screen fits it best. Once the computer sets the window at either the vertical or horizontal mode do not change the size of the window, as you will not be able to create a multiple screen capture. Use the vertical and horizontal scroll bars to fit the athlete into the screen ready for the picture to be taken.

Click on the camera button at the bottom of the screen → 

This will transfer the image into the first of the capture screens. Scroll to the other frames you want to include in the sequence and click the camera button each time.



Click on 'File' then save the image as a JPEG. Try opening the image in a Word document or PowerPoint presentation.

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Add shapes and angles.

The shapes and angles functions you learned earlier can be applied and used for presentations with the 'Photo Sequence' function. Shapes and angles can be drawn on the image before the camera button is pressed and then cleared by using the delete buttons before the next image is captured for the sequence.





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3:Export Analysis (Insert Lines, Shapes and text into the video)

Export Analysis allows the user to create an additional *.avi file that includes any shapes, angles or text that has been added to the video. This video can then be viewed in any version of the Quintic software including the Player, thus allowing the user to view an athlete's technique with the relevant coaching points overlaid.

Creating a new *.avi

Open a video file using the  button. Highlight the filename and click on the  button or double click the desired *.avi file to open it in the Quintic window.

Once the video has been loaded resize the Quintic window by clicking in the bottom right hand corner and scrolling the window until it looks like the example below.

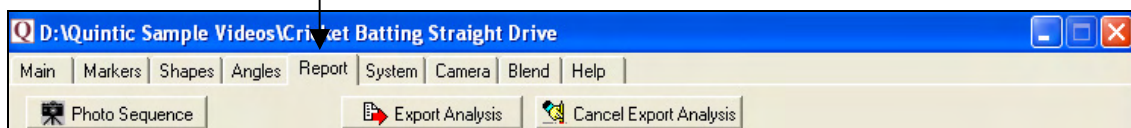
For ease we also advise that you open the Shapes, and Angles floating tool bars, by clicking on the tab to open the desired window and then right click on the tab (See Tutorial 2).



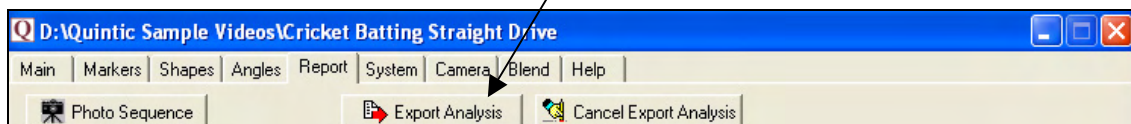
Hold down the left mouse button and resize the window



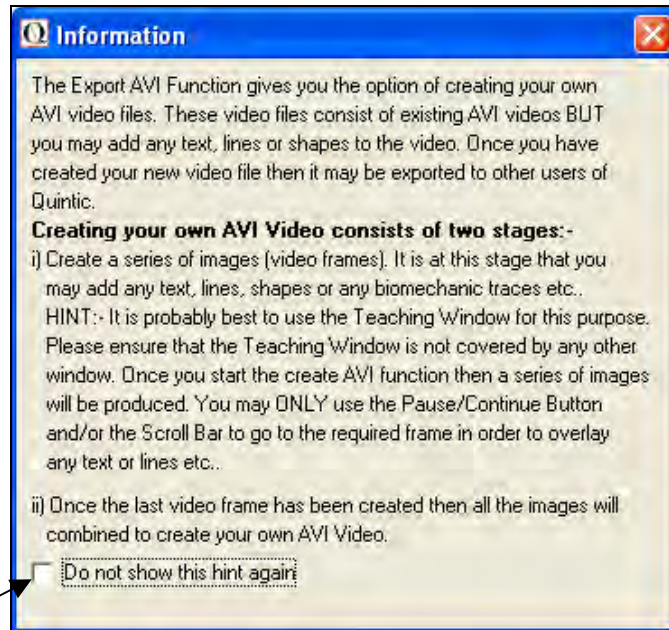
Open the Export *.avi menu by clicking on the 'Report' tab.




To start the Export Analysis click on the 'Export Analysis' button



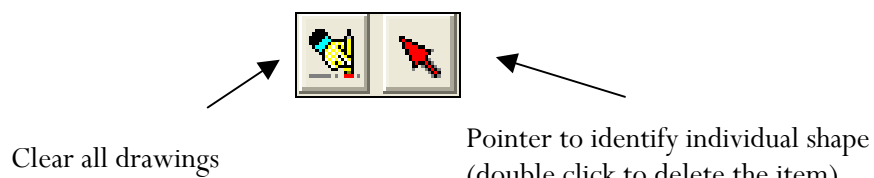
After clicking on the ‘Export Analysis’ button the following dialogue box will appear



Once you have read the following information (if you wish) you can select the tick box so that the dialogue window doesn’t appear in the future.

The video will now automatically play through frame by frame from the start. As soon as you select a draw tool on either of the menu bars the video will pause allowing the user to insert shapes, text or angles where required. Once happy with the inserted shapes, text etc save them by clicking on the ‘’ button. This will continue playing the video. These shapes will now be inserted and saved onto every frame until the end of the video.

If the user wishes to edit shapes, text etc that have been added to a frame select the tool that you wish to use, the video will pause, add text, shapes or angles to the frame in the normal way (See Tutorial 2). However if you wish to remove any inserted items use any of the following 3 buttons:

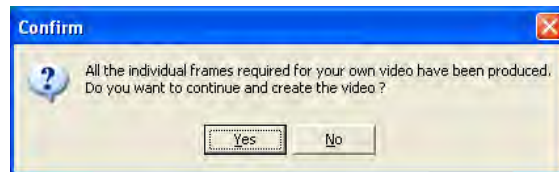


The inserted angles, shapes and text will be saved automatically to the frame when the video is advanced to the next frame.

If you wish to cancel exporting the AVI click on the **‘Cancel Export Analysis’** button this will reset the video back to the start and cancel the Export Analysis process.

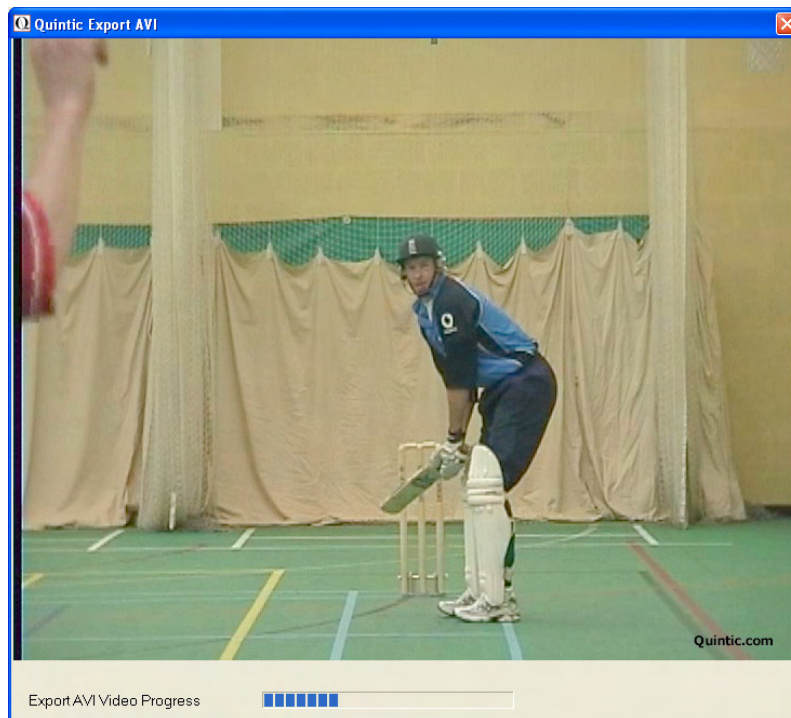


To complete Export Analysis scroll or let the video play to the end and the following dialogue box will appear.



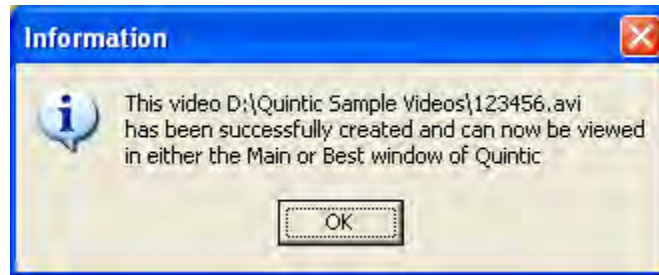
After clicking on the **‘Yes’** button you will be asked to give the *.avi file a name as well as selecting the directory that it is to be saved to then click on the **‘save’** button.

The following window will now appear while the Quintic software exports the *.avi file. When the status bar has reached the end the *.avi has been successfully exported, the new *.avi will then play through once in this window.



While Quintic exports the *.avi file if the following error message appears please cancel out of Export Analysis attach you Basler camera to you computer/laptop and restart the export *.avi process.

After the *.avi has finished playing the following dialogue window will appear. To view the exported *.avi click on the 'ok' button and then open the file in the main or best window by clicking on the '📁' button.



This file can now be copied onto a CD and viewed with any level of the Quintic software including the player.

To view examples of Export Analysis load files Driver_SV or Rowing_SV located in the Quintic Sample videos folder.



Lorraine Shaw UK Athletics, Hammer

Tutorial 3 – Question Sheet

RECAP

Open 'Long jump – female' from the athletics folder

- 1) Set markers: once during the run-up, once at take-off, twice during the air, once on landing, and once lying in the sand. Save these markers.
- 2) At Take-off, draw the following shapes:
 - a) A thin, green horizontal line that passes through the athlete's eyes.
 - b) A thick, yellow vertical line touching the athlete's nose
 - c) A red angle line showing the right knee angle
 - d) A very thin blue circle around the athlete's right hand
 - e) A box with a red background in a corner of the image with your name in it.
- 3) a) Clear all the drawings from the clip.
 b) Now arrange 3 boxes around the image. In each of them write a comment about long jump technique you can see about a different area of the body. eg. Where is the long jumper looking? How bent is their knee? Etc.
 c) Save the boxes on the image.

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QUESTIONS

- 1) Take a single image capture of the long-jumper and boxes you constructed earlier. Save this image as a JPEG to be recalled later. Ask your teacher if you can print this. (4)
- 2)
 - (i) Pick an image from another sport.
 - (ii) This time arrange 5 boxes around the image and in each of them write one comment about their technique you notice about a different area of the body. (5)
 - (iii) Take a single image capture of this and save it as a 'JPEG'. (2)
 - (iv) Ask your teacher if you can print this.

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- 3)
- (i) Using the video '**Long jump – Female**' and the markers you created earlier in the 'RECAP' section create a 6 frame sequence.
(**Hint:** remember you can scroll the screen left or right and up or down to make sure the jumper fits into the capture screens)
 - (ii) Save this as a JPEG and ask your teacher if you can print it. (3)
- 4)
- (i) Open the video '**High Jump – Male**' from the athletics folder.
 - (ii) Create a 12 frame sequence of the jump. (3)
 - (iii) Name two possible uses for the multi-frame capture function...

 (4)

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- 5)
- (i) Open the video '**Long-jump – female**'
 - (ii) Scroll to the frame at which the jumper takes off. Draw the angle between the jumper's hip, knee and ankle as a green line. Capture this as the first image of a 9 frame sequence.
 - (iii) Complete your 9 frame sequence showing the angle between the jumper's knee, hip and shoulder from this point until landing.
 - (iv) Save this multiple screen capture as a JPEG and ask your teacher if you may print it. (5)

6) (i) Open the video '10m - Twist' from the **Diving** folder.

(ii) Create a 12 frame sequence using the 'angle to the vertical' function along the length of the diver's body (draw the line shoulder to hip if the body is not completely straight). (4)

(iii) When has the diver completed their first complete somersault? (Hint: the diver begins with their body creating a 0° angle to the vertical)

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(2)

7) For a video clip of your choice create a 12 frame sequence which features a different kind of shape or angle on each frame. Use this to show the variety of functions you have learned to use by changing the colour, thickness and background to your shapes. When you have finished, save it as a JPEG and ask your teacher if you may print it. (5)

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Mick Hill UK Athletics, Javelin

Tutorial 3 - Answer Sheet

RECAP

Open 'Long jump – female' from the athletics folder

- 1) Set markers: once during the run-up, once at take-off, twice during the air, once on landing, and once lying in the sand. Save these markers.
- 2) At Take-off, draw the following shapes:
 - a) A thin, green horizontal line that passes through the athlete's eyes.
 - b) A thick, yellow vertical line touching the athlete's nose
 - c) A red angle line showing the right knee angle
 - d) A very thin blue circle around the athlete's right hand
 - e) A box with a red background in a corner of the image with your name in it.
- 3) a) Clear all the drawings from the clip.
 b) Now arrange 3 boxes around the image. In each of them write a comment about the technique. Eg. Where is the long jumper looking? How flexed is their knee? Etc.
 c) Save the boxes on the image.

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QUESTIONS

- 1) Take a single image capture of the long-jumper and boxes you constructed earlier. Save this image as a JPEG to be recalled later. Ask your teacher if you can print this. (4)
- 2)
 - (i) Pick an image from another sport.
 - (ii) This time arrange 5 boxes around the image and in each of them write one comment about the technique. (5)
 - (iii) Take a single image capture of this and save it as a **JPEG**. (2)
 - (iv) Ask your teacher if you can print this.



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3)

- (i) Using the video 'Long jump – Female' and the markers you created earlier in the 'RECAP' section create a 6 frame sequence.
(**Hint:** remember you can scroll the screen left or right and up or down to make sure the jumper fits into the capture screens)

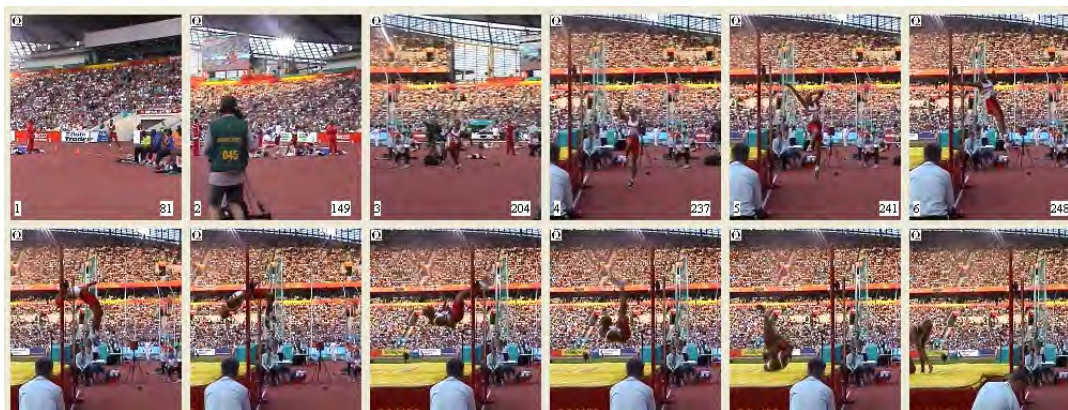
- (ii) Save this as a JPEG and ask your teacher if you can print it.



4)

- (i) Open the video '**High Jump – Male**' from the athletics folder.

- (ii) Create a 12 frame sequence of the jump.



(iii) Name two possible uses for the multi-frame capture function...

- *PowerPoint presentation*
- *Technique analysis*
- *Handouts for coach*
- *Handouts for athlete*

(4)

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5)

(i) Open the video '**Long-jump – female**'

(ii) Scroll to the frame where the jumper takes off. Draw the angle between the jumper's hip, knee and ankle in green. Capture this as the first image of a 9 frame sequence.

(iii) Complete your 9 frame sequence showing the angle between the jumper's knee, hip and shoulder from this point until landing.

(iv) Save this multiple screen capture as a JPEG and ask your teacher if you may print it.

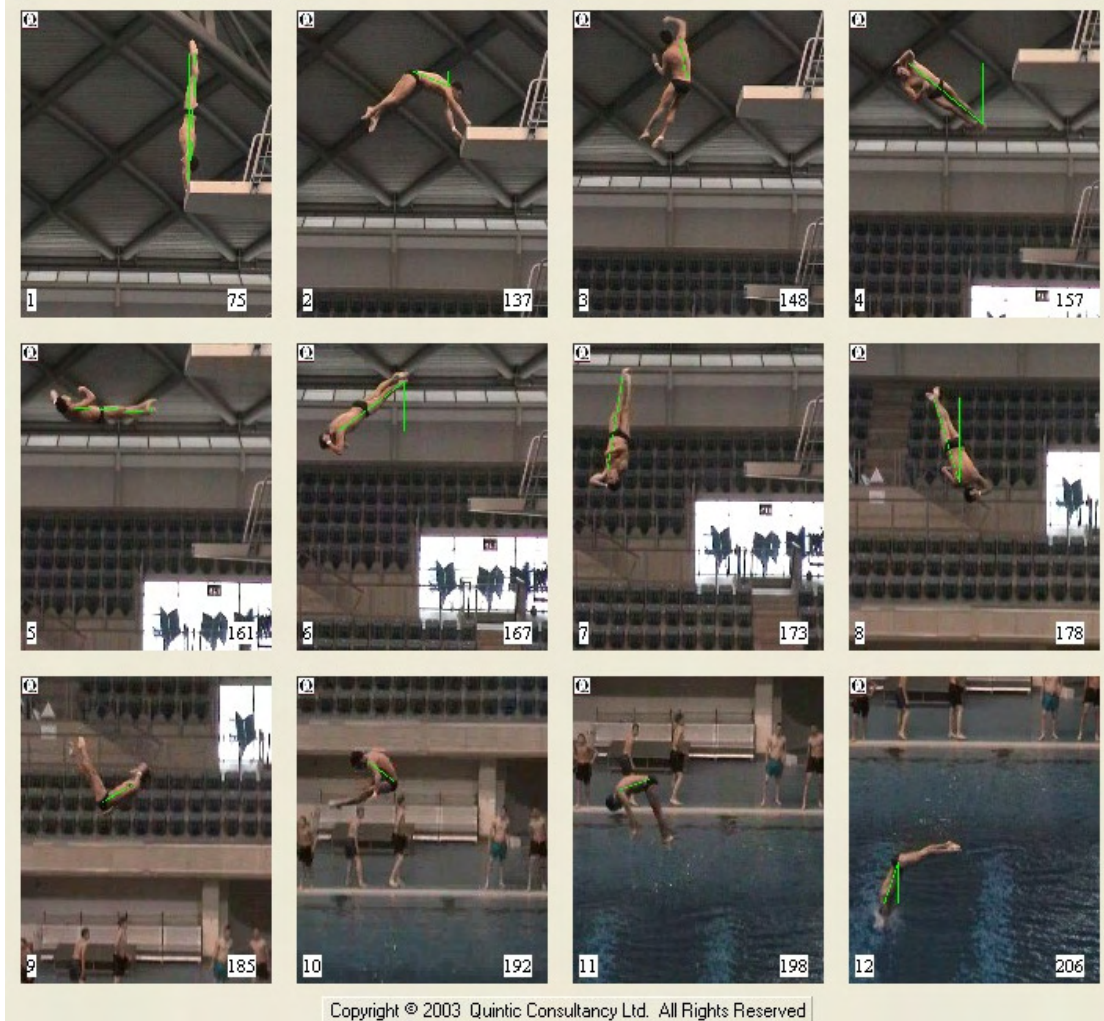


(5)

6)

(i) Open the video '**10m - Twist**' from the **Diving** folder.

(ii) Create a 12 frame sequence using the 'angle to the vertical' function along the length of the diver's body (draw the line shoulder to hip if the body is not completely straight).



(4)

(iii) When has the diver completed their first complete somersault? (Hint: the diver begins with their body creating a 0° angle to the vertical)

At frame 174 the diver has completed his first 360 degree somersault

(2)

7) For a video clip of your choice create a 12 frame sequence which features a different kind of shape or angle on each frame. Use this to show the variety of functions you have learned to use by changing the colour, thickness and background to your shapes. When you have finished, save it as a JPEG and ask your teacher if you may print it.

(5)

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