

# MEDIA COMPOSER® FUNDAMENTALS I

MC101

2022

Avid Official Curriculum  
Avid Learning Series  
User Certification



# Media Composer® Fundamentals I

For Media Composer 2021.12  
Software

Avid Technology, Inc.



# Table of Contents

Acknowledgements .....	iii
About the Media.....	iii
EditStock .....	iii
PremiumBeat.com .....	iii
<b>Course Introduction.....</b>	<b>ix</b>
Using This Book .....	ix
Using The Course Material .....	ix
Prerequisites.....	xi
System Requirements.....	xi
Becoming Avid Certified .....	xi
<b>Lesson 1: Introduction to Media Composer .....</b>	<b>1</b>
Launching Media Composer .....	2
Understanding the Select Project Window.....	3
Learning the Interface.....	5
Creating & Changing User Profiles.....	9
Working with Bins.....	11
Personalizing the Application .....	16
Adjusting Auto-Save Settings & Ending a Session .....	24
<b>Exercise 1: Setting Up.....</b>	<b>27</b>
Exercise 1.1: Exploring the Interface .....	28
Exercise 1.2: Exploring Bins .....	30
Exercise 1.3: Customizing The Interface.....	31
Exercise 1.4: Adjusting the Auto-Save Settings.....	32
<b>Lesson 1 Review &amp; Keyboard Shortcuts .....</b>	<b>33</b>
Knowledge Check .....	34
<b>Lesson 2: Getting Started .....</b>	<b>37</b>
Creating a New Project .....	38
Setting Up Your Project .....	41
Preparing to Input Video and Audio.....	47
Adding Video to Your Project .....	51

Inputting Audio Media .....	54
Preparing to Edit .....	58
Loading, Playing, and Marking Clips .....	59
Adjusting and Organizing Clips.....	62
Saving Your Work.....	65
<b>Exercise 2: Inputting Media.....</b>	<b>67</b>
Exercise 2.1: Creating and Setting Up a New Project .....	68
Exercise 2.2: Inputting Media .....	70
Exercise 2.3: Setting up & Viewing Your Clips .....	72
Exercise 2.4: Saving Your Work .....	74
<b>Lesson 2 Review &amp; Keyboard Shortcuts.....</b>	<b>75</b>
Knowledge Check .....	76
<b>Lesson 3: Building Your Sequence .....</b>	<b>79</b>
Overview .....	80
Creating a New Sequence.....	82
Working with Tracks.....	83
Locating Audio Cues .....	85
Building Your Sequence with Splice-In.....	87
Editing with Overwrite .....	91
Essential Tools.....	92
Removing Material from a Sequence .....	96
<b>Exercise 3: Rough-Cutting Your Scene.....</b>	<b>99</b>
Exercise 3.1: Laying the Foundation of Your Sequence .....	100
Exercise 3.2: Adding Reaction Shots.....	105
Exercise 3.3: Inserting Shots into the Sequence .....	106
Exercise 3.4: Removing Unwanted Material .....	107
<b>Lesson 3 Review &amp; Keyboard Shortcuts.....</b>	<b>109</b>
Knowledge Check .....	110
<b>Lesson 4: Drag-and-Drop Editing .....</b>	<b>113</b>
Understanding Segment Mode .....	114
Building a Montage with Drag and Drop .....	117
Adding Narration with Drag-and-Drop Overwrite .....	121
Adjusting Sequence Audio Levels.....	122

<b>Exercise 4: Building a Montage with Segment mode .....</b>	<b>127</b>
Exercise 4.1: Organizing the Rock Climber Project.....	128
Exercise 4.2: Cutting a Montage with Segment Tools .....	130
Exercise 4.3: Adding Narration .....	132
Exercise 4.4: Adjusting the Sequence Audio.....	134
<b>Lesson 4 Review &amp; Keyboard Shortcuts.....</b>	<b>135</b>
Knowledge Check .....	136
<b>Lesson 5: Refining the Sequence.....</b>	<b>139</b>
Moving Segments in the Timeline.....	140
Useful Tools .....	145
Changing Shots in the Sequence .....	148
Deleting from the Timeline.....	150
Changing the Length of Timeline Segments .....	153
Exploring Trim Mode.....	164
<b>Exercise 5: Refining Your Sequence.....</b>	<b>171</b>
Exercise 5.1: Reordering Shots in the Montage .....	172
Exercise 5.2: Reworking the Montage .....	174
Exercise 5.3: Trimming the Montage.....	177
Exercise 5.4: Combining Trim and Segment Tools to Refine the Opening .....	178
<b>Lesson 5 Review &amp; Keyboard Shortcuts.....</b>	<b>179</b>
Knowledge Check .....	180
<b>Lesson 6: Introduction to Transition Effects .....</b>	<b>183</b>
Creating Transition Effects.....	184
Modifying Transition Effects in the Timeline .....	189
Accessing Effects from the Effect Palette .....	192
Modifying Effects in Effect Mode.....	194
Creating Audio Crossfades .....	198
<b>Exercise 6: Applying Transition Effects .....</b>	<b>201</b>
Exercise 6.1: Applying Quick Transition Effects .....	202
Exercise 6.2: Replacing a Transition .....	203
Exercise 6.3: Modifying and Saving Effects .....	204
Exercise 6.4: Creating Audio Crossfades.....	205
<b>Lesson 6 Review and Knowledge Check.....</b>	<b>207</b>
Knowledge Check .....	208

<b>Lesson 7: Introduction to Segment Effects .....</b>	<b>211</b>
Adding Segment Effects .....	212
Stabilizing Shaky Footage.....	218
Using Automatic Color Correction.....	220
Hiding Jump Cuts with FluidMorph .....	224
Resizing a Shot.....	226
Working with Keyframes .....	228
<b>Exercise 7: Adding Corrective Effects to Shots .....</b>	<b>231</b>
Exercise 7.1: Flopping a Shot .....	232
Exercise 7.2: Using Two Types of Stabilization .....	233
Exercise 7.3: Using Automatic Color Correction.....	234
Exercise 7.4: Hiding Jump Cuts with FluidMorph.....	235
Exercise 7.5: Resizing and keyframing a Shot.....	236
<b>Lesson 7 Review and Knowledge Check.....</b>	<b>237</b>
Knowledge Check .....	238
<b>Lesson 8: Combining Multiple Effects .....</b>	<b>241</b>
Nesting Effects .....	242
Displaying a Nest in the Timeline.....	245
Changing Nested Effect Order .....	248
<b>Exercise 8: Nesting Effects.....</b>	<b>249</b>
Exercise 8.1: Nesting Effects .....	250
Exercise 8.2 Rearranging Nested Effects .....	252
<b>Lesson 8 Review and Knowledge Check.....</b>	<b>253</b>
Knowledge Check .....	254
<b>Lesson 9: Freeze Frames and Motion Effects .....</b>	<b>257</b>
Types of Motion Effects .....	258
Creating Freeze Frames .....	258
Creating Motion Effects .....	261
<b>Exercise 9: Creating Freeze Frames &amp; Motion Effects.....</b>	<b>267</b>
Exercise 9.1: Creating a Freeze Frame .....	268
Exercise 9.2: Creating a Motion Effect .....	269
<b>Lesson 9 Review and Knowledge Check.....</b>	<b>271</b>
Knowledge Check .....	272

<b>Lesson 10: Creating Titles .....</b>	<b>275</b>
Creating a Title with Avid Titler+ .....	276
Fading a Title In and Out.....	282
Modifying a Title .....	285
<b>Exercise 10: Creating Titles .....</b>	<b>287</b>
Exercise 10.1: Creating a Title .....	288
Exercise 10.2: Editing a Title .....	290
<b>Lesson 10 Review &amp; Knowledge Check .....</b>	<b>292</b>
Knowledge Check .....	293
<b>Lesson 11: Exporting Your Video .....</b>	<b>295</b>
Exporting a Video Sequence.....	296
<b>Exercise 11: Exporting a Sequence.....</b>	<b>303</b>
Exercise 11.1: Exporting Your Sequence .....	304
<b>Lesson 11 Review &amp; Knowledge Check .....</b>	<b>305</b>
Knowledge Check .....	306
<b>Lesson 12: Technical Fundamentals .....</b>	<b>309</b>
Avid's Media Management Strategy .....	310
Understanding Offline Media .....	312
Recovering Lost Work.....	320
Deleting Media .....	323
<b>Exercise 12: Technical Fundamentals .....</b>	<b>327</b>
Exercise 12.1: Performing Technical Fundamentals .....	328
Exercise 12.2: Restoring a Bin from the Avid Attic.....	331
<b>Lesson 12 Review &amp; Knowledge Check .....</b>	<b>333</b>
Knowledge Check .....	334