



## Video Basics Camera Workshop 2

Thrown together by David Tames  
September 29, 2021

(Revision v.1.1 September 27, 2023)  
ARTD 2380 Video Basics

This presentation remains a work-in-progress. If you have any comments or suggestions for improvement, please email them to [d.tames@northeastern.edu](mailto:d.tames@northeastern.edu)

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1. What's in the kit?

2. Identifying parts and controls

3. Getting started with the a7iii

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### Workshop 1

1. What's in the kit?

2. Identifying parts and controls

3. Getting started with the a7iii

4. Using the a7iii in movie mode with manual exposure

### Workshop 2 — Movie Mode / Manual

## Basic camera configuration (refer to slides from workshop 1)

### Configure the camera:

1. Basic operation
  2. Format the SD card(s)
  3. Set the date and time
- and now... **MOVIE MODE!**



## Getting started with the a7iii

### What is frame rate?



Image: 35-mm black&white movie film negative stock on the core by Runner161 (CC BY-SA 3.0), [https://en.wikipedia.org/wiki/35\\_mm\\_movie\\_film#/media/](https://en.wikipedia.org/wiki/35_mm_movie_film#/media/)

## Getting started with the a7iii

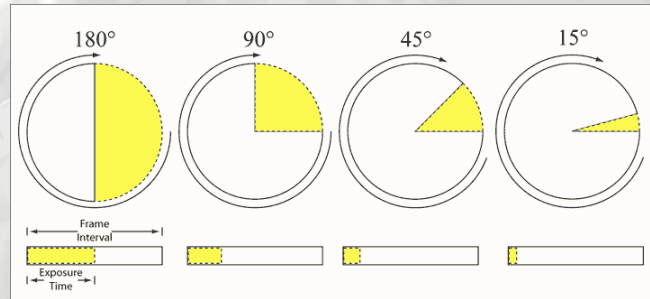
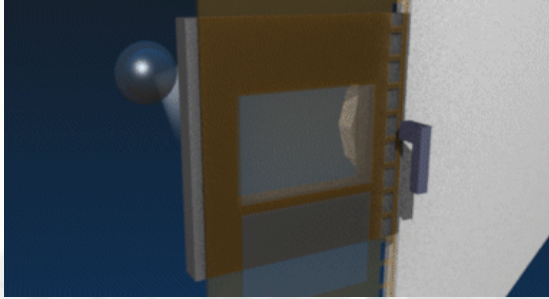
### What is frame rate?

Frame rate (designated in frames per second or FPS) is the rate (frequency) at which consecutive frames (images) are captured by a camera or displayed by a playback system. While temporal sensitivity and resolution of human vision varies between individuals and depends on the characteristics of the visual stimulus, roughly, a frame rate above 12 or fps are required to perceive the individual frames as movement, and a frame rate above 24 or so fps are required for the movement to appear smooth.

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The cinema standard of 24 fps was a trade-off between smooth motion and film consumption. The standard 1/48 shutter speed is the result of a 180° rotating shutter. While the shutter blade covers the gate, the camera advances the film to the next frame. The frame is exposed while the shutter does not cover the gate. Higher shutter speeds are achieved by adjusting the shutter angle, with an effect on both exposure and motion blur, however, 180° became the standard and along with it motion blur of moving objects and/or camera movement due to 1/48 shutter speed, resulting in a major factor of the “film look.”

Animation: Joram van Hartingsveldt (CC BY-SA 3.0), [https://en.wikipedia.org/wiki/Rotary\\_disc\\_shutter#/media/File:Moviecam\\_schematic\\_animation.gif](https://en.wikipedia.org/wiki/Rotary_disc_shutter#/media/File:Moviecam_schematic_animation.gif)  
Diagram: plowboylifestyle (CC BY-SA 3.0), <https://en.wikipedia.org/wiki/File:ShutterAngle.png>

## Getting started with the a7iii

### 13. Choose the Record Settings For Video: (Camera 2 => Movie1 (1/9) => File Format)

#### 24p

- “film look”
- Motion blur
- Use 1/50 shutter\* (a7iii can't do 1/48)

#### 30p

- “video look”
- Motion blur similar, but less than 24p
- Use 1/60 shutter\*

#### 60p

- “real look”
- Less motion blur
- Use 1/125 shutter\* (a7iii can't do 1/120)

#### 120p

- “hyper-real look”
- Very little motion blur
- Use 1/250 shutter\* (a7iii can't do 1/240)



\* P mode will adjust the shutter speed as needed to maintain proper exposure without considering standard shutter speeds for each frame rate, that's why we eventually want to work in movie mode.

## Getting started with the a7iii

### What is a video recording format?

A recording format (or file format) is a scheme for storing digital video and audio data. This almost always involves some form of compression to reduce the file size. The data file is structured with a container format (e.g. MP4) with the video data encoded using a coding format (e.g. H.264) along with the audio data encoded using an audio coding format (e.g. AAC). The container may also contain metadata such as title, date, and production data. The coded video and audio inside the container (not the metadata) is called the essence.

Codec

Data rate

Resolution

Frame rate

Scan

Color Sampling

## Getting started with the a7iii

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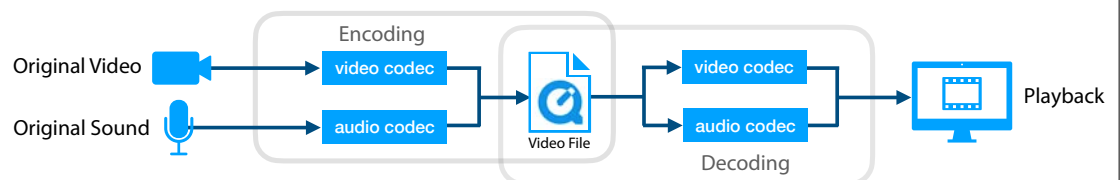
Frame rate

Scan

Color Sampling

**Codec.** Software or hardware that can decode and encode compressed video or audio. Two major flavors: lossy or lossless (no loss of quality). Two key approaches: intra-frame (works on a per-frame basis, a.k.a. i-frame) and inter-frame (works across groups of frames, more efficient but with more artifacts). **H.264** is a lossy inter-frame codec widely-used for both acquisition and distribution (streaming). **Apple ProRes** is a virtually lossless intra-frame codec widely used in postproduction.

**Bottom line: choose the highest quality codec your camera offers for acquisition of important work.**



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**Data rate** (a.k.a. bit-rate): The quantity of data per second of video or audio, often expressed megabits per second, or Mb/sec or simply M. For example, when using the XAVC S HD codec on the Sony a7iii at 24fps, the data rate is 50Mb/sec. This means that every minute of video will require 375.00 MB (megabytes) of storage (a byte is 8 bits).

**Bottom line: choose the codec with the highest data rate for better quality if that is a priority for your work.**

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**Resolution:** The size of an image, usually in pixels, e.g. high definition frame consists of 1920 pixels horizontally and 1080 pixels vertically. The term is also used to describe the amount of detail in an image, higher pixel resolution equals more detail.

**Bottom line: choose the highest resolution your camera offers for the acquisition of important work. Shooting 4K when editing in HD provides flexibility in reframing shots.**

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**Frame Rate:** The number of individual frames per second (fps) recorded by the camera. 24p, 30p, 60p each provide a distinctive look due to the image refresh rate and motion blur, they offer creative options, it's not that one is better than the other (on the a7iii, use 24p w/ 1/50 shutter speed for a cinematic look, 30p w/ 1/60 shutter speed for a video look, and 60p w/ 1/125 shutter speed for a hyper-real look).

**Bottom line: Choose the frame rate based on the look you want to achieve. For assignment in this class use 24p w/ 1/50 shutter speed unless you specifically want a different look based on creative choices.**

## Getting started with the a7iii

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**Scan:** The scan may be progressive or interlaced. Progressive scan refers to recording or displaying lines (rows) of pixels progressively (1, 2, 3, 4, 5 ...) in contrast to interlaced scanning, consisting of two fields: the first field (lines 1, 3, 5, 7 ...) and then a second field (lines 2, 4, 6, 8, ...), this Interlaced video method with 60 fields per second (30 frames per second) is referred to as 60i and has lost dominance as progressive formats like 24p, 30p, and 60p offer higher image quality without interlaced artifacts. If your camera is capable of interlaced scanning, avoid it! The problem with interlaced scanning is illustrated in the [CD / Interlacing video](#) by Captain Delusion.

**Bottom line: choose a progressive scan format if you have a choice between interlaced and progressive.**

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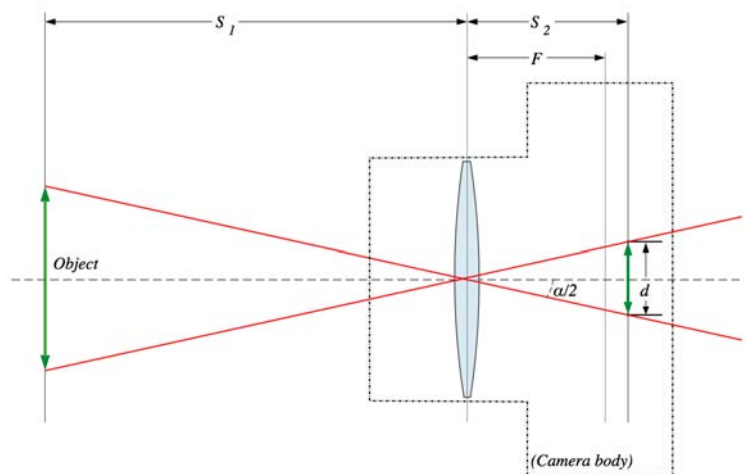
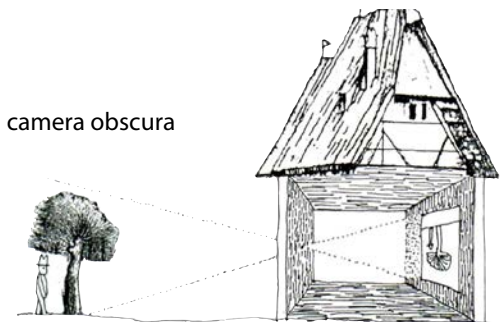
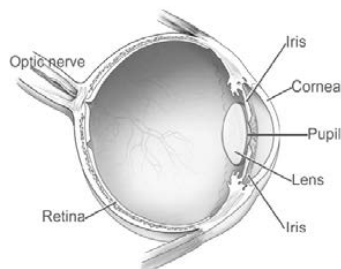
Color Sampling

**Color sampling:** The reduction of color resolution in digital video in order to save storage and bandwidth. The color components are compressed by sampling them at a lower rate than the brightness (luminance). Since color information is discarded, processing the image during postproduction will reveal subsampling artifacts that include color noise and banding. In addition, the bit-depth is often reduced (e.g. the camera may perform 12-bit color processing internally, but will store color data using 8 bits in the recorded output).

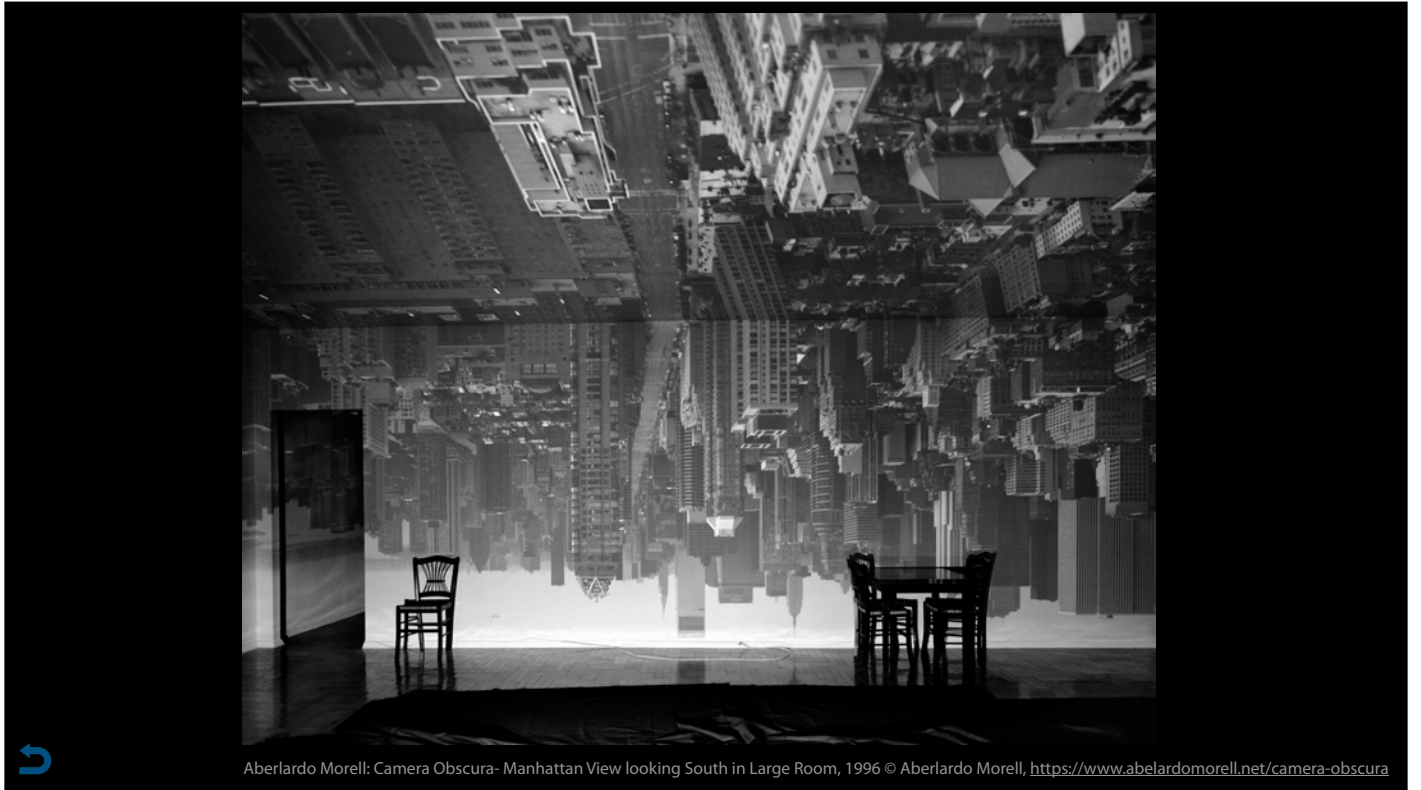
**Bottom line:** If your camera offers a choice, select the best color quality settings in order to have more flexibility when color correcting and color grading in postproduction.

## Using the a7iii in movie mode with manual exposure

### What is a camera?

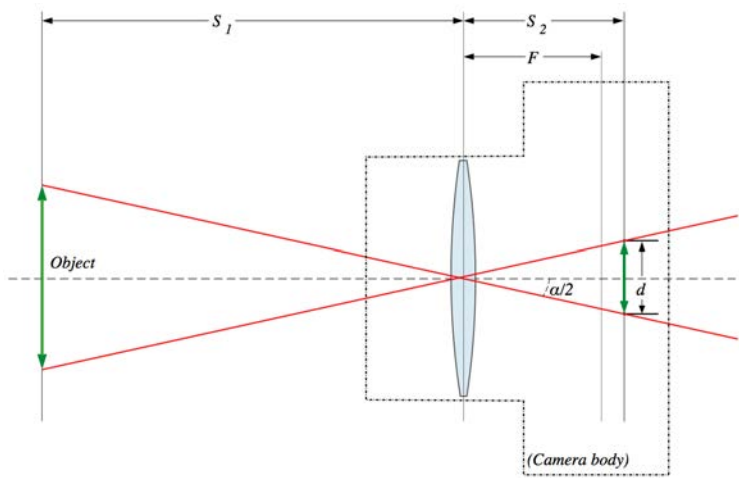






Using the a7iii in movie mode with manual exposure

What is a camera?



## Using the a7iii in movie mode with manual exposure

1. Set the camera to Movie Mode (a.k.a. Video Mode) by setting the mode dial to 

- In Movie Mode, aperture and shutter speed are set manually for complete creative control over the image



Leave this on 0, unlike program mode, now you'll be using manual control of aperture, ISO, and ND filters to control exposure (keeping shutter speed fixed at 1/50)



## Using the a7iii in movie mode with manual exposure

2. Set the Exposure Mode to Manual (Camera 2 => Movie1 (1/9) => Exposure Mode: Manual Exposure)

### Exposure Modes

#### Manual

Aperture and shutter speed are set manually for complete creative control over the image

#### Program Auto

Aperture and shutter speed set automatically by the a7iii, while other settings can be adjusted manually

#### Aperture Priority

Adjust aperture manually (to control both exposure and focus range or background blur) and the a7iii will select the shutter speed automatically.

#### Shutter Priority

Adjust shutter manually (to control both exposure and motion blur) and the a7iii will select the shutter speed automatically.



## Using the a7iii in movie mode with manual exposure

3. **Set resolution and frame rate**  
(just like we did in the Getting Started session)

(Camera 2 => Movie1 => File Format: HD or 4K)

(Camera 2 => Movie1 => Record Settings: 24p 50M)

### Standards for this course:

XAVC S/H.264 HD or XAVC S/H.264 4K

- HD (1920 x 1080) or
- UHD 4K (3840 x 2160) for higher resolution

24p

- "film look"
- Motion blur
- Use 1/50 shutter speed



## Using the a7iii in movie mode with manual exposure

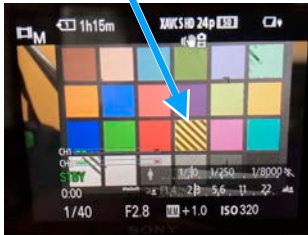
4. **Enable Zebras to aid in exposure adjustment**  
(Camera 2 => Display/Auto Review1 (6/9) => Zebra Setting)



## Using the a7iii in movie mode with manual exposure

4. Enable Zebras to aid in exposure adjustment (Camera 2 => Display/Auto Review1 (6/9) => Zebra Setting)

areas that exceed the exposure threshold you've set will have zebra stripes over them (in this case 90 IRE)



## Using the a7iii in movie mode with manual exposure

4. Enable Zebras to aid in exposure adjustment (Camera 2 => Display/Auto Review1 (6/9) => Zebra Setting)

### Luminance values

- 100 - White, no textural detail
- 90 - Brightest highlight area with textural details
- 70 - Highlight areas with textural detail
- 50 - Middle of the tonal scale (e.g. 18% grey)

In this example, the Zebra is set to 85, and no zebras are showing, therefore, all elements of the scene are below 85 on the 0 (black) to 100 (white) luminance scale.



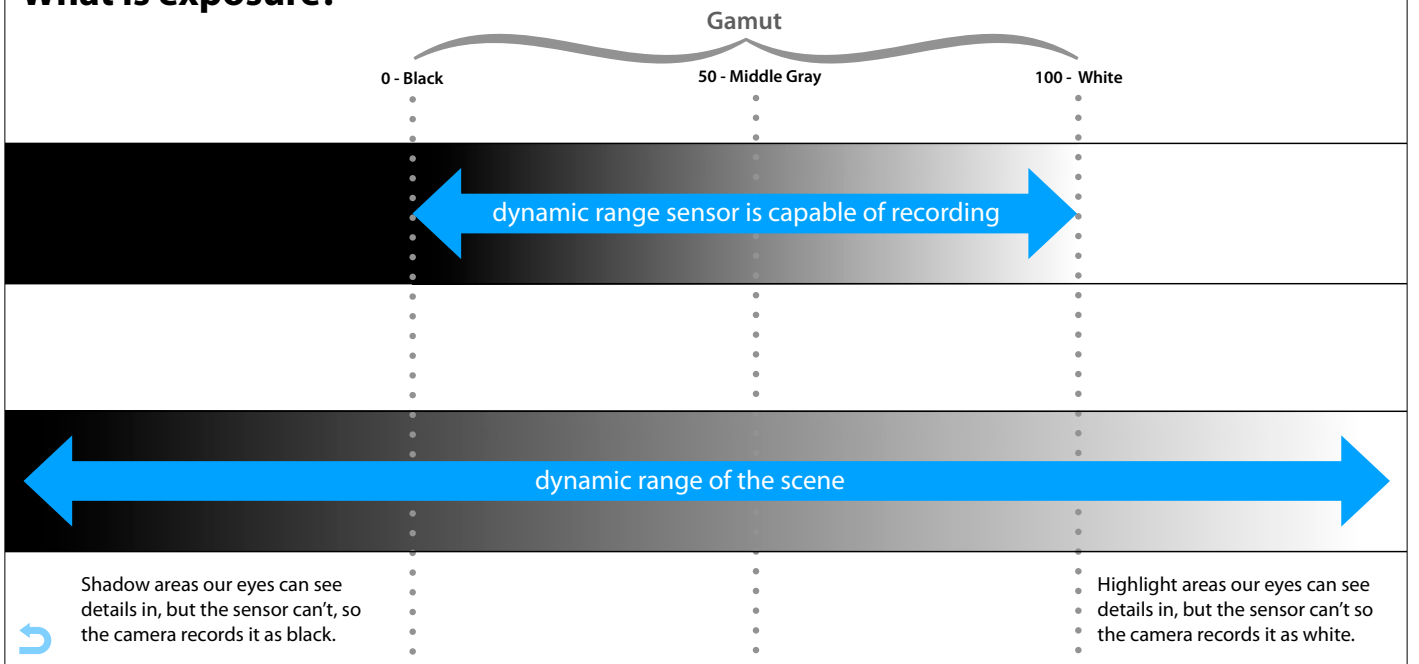
## Using the a7iii in movie mode with manual exposure

5. Now you have manual control over exposure by adjusting: **a** the aperture dial, **b** the shutter speed dial (though you'll want to keep this at 1/50 for "normal" motion blur), and **c** ISO sensitivity via the multi-function dial



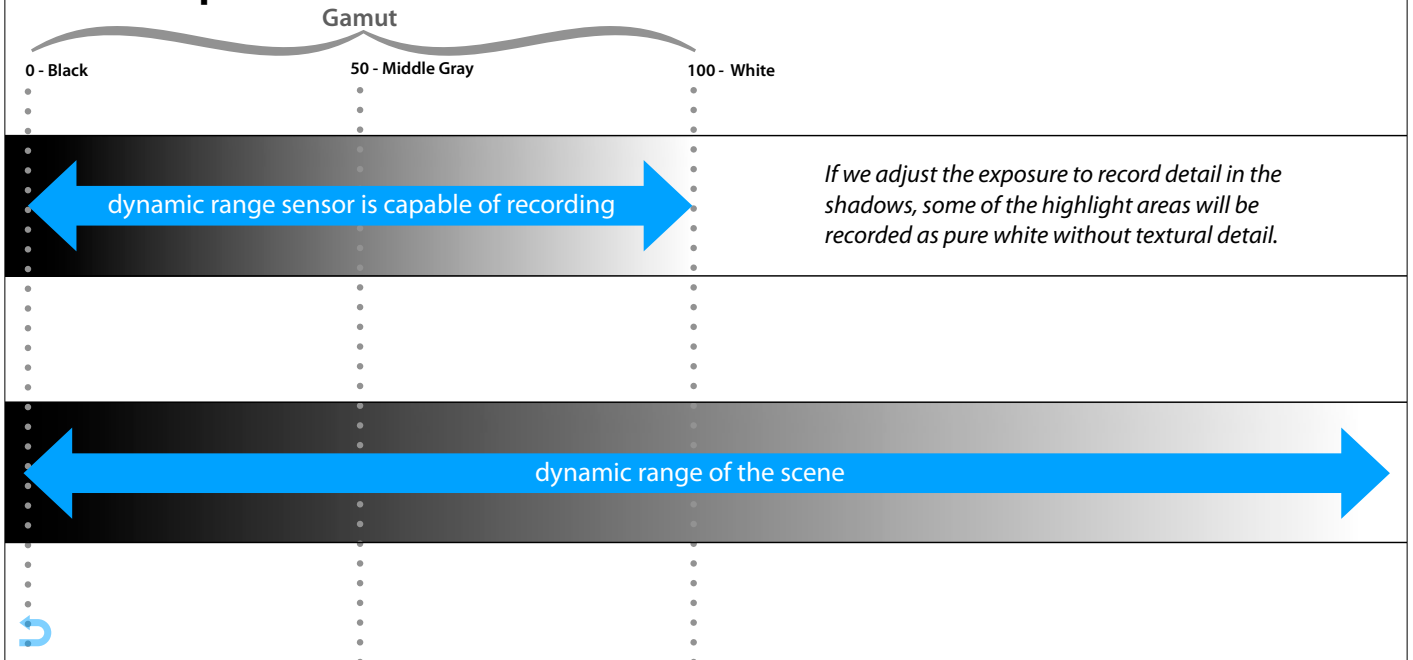
## Using the a7iii in movie mode with manual exposure

### What is exposure?



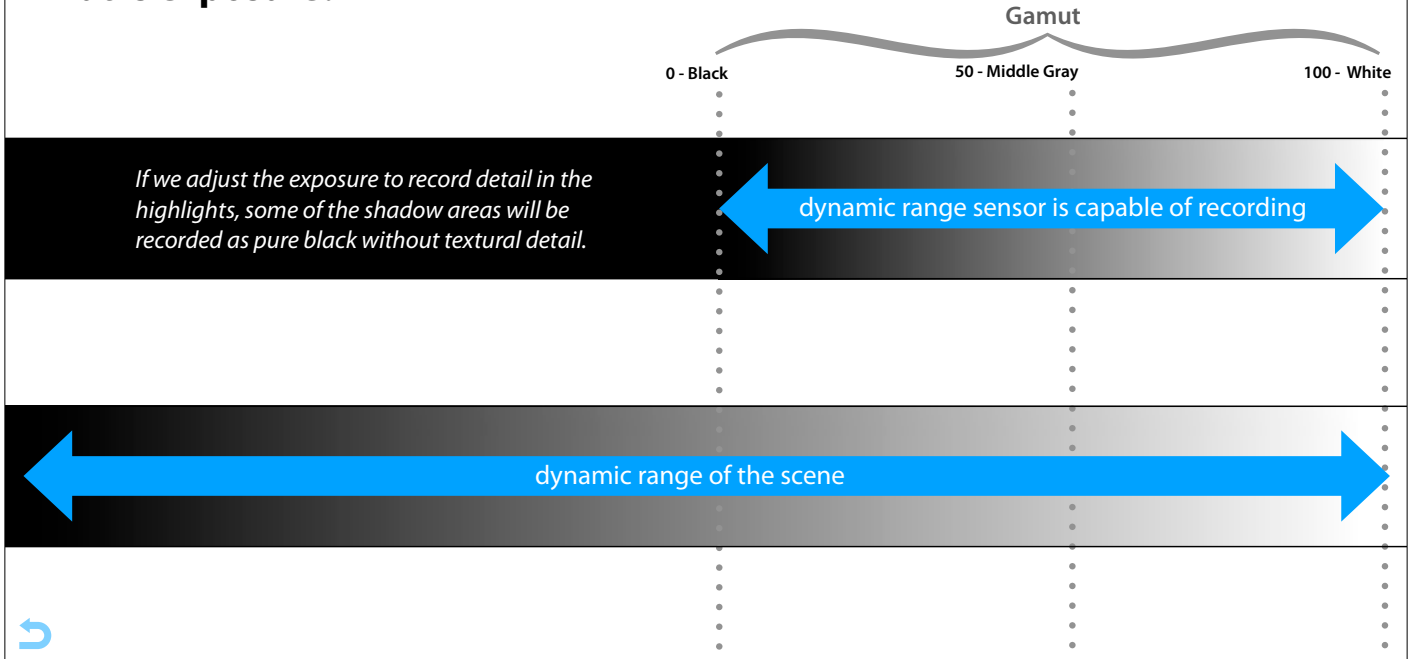
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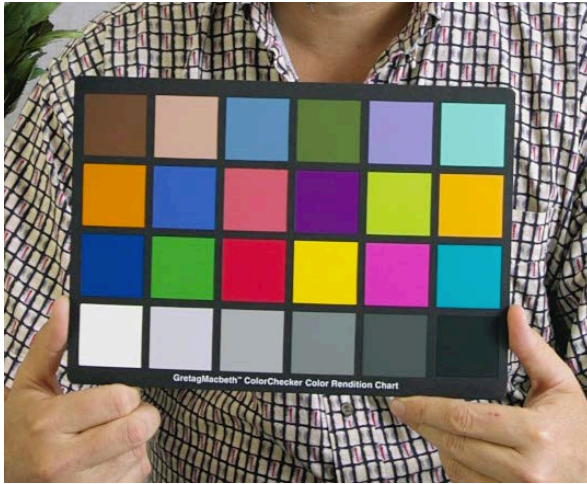
## Using the a7iii in movie mode with manual exposure

### What is exposure?



## Using the a7iii in movie mode with manual exposure

### What is good exposure?



(PD)

See also ColorChecker, <https://en.wikipedia.org/wiki/ColorChecker>  
See Color Checker, Calibrite, <https://calibrite.com/us/product/colorchecker-classic/>

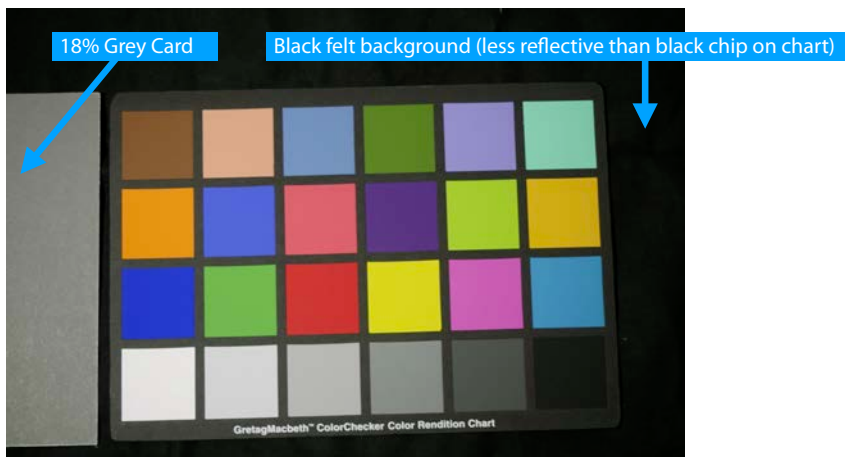


#### Software Support:

- Adobe Photoshop and Adobe Lightroom via a free plugin
- Black Magic Design DaVinci Resolve for color grading
- 3DLUT Creator
- and others

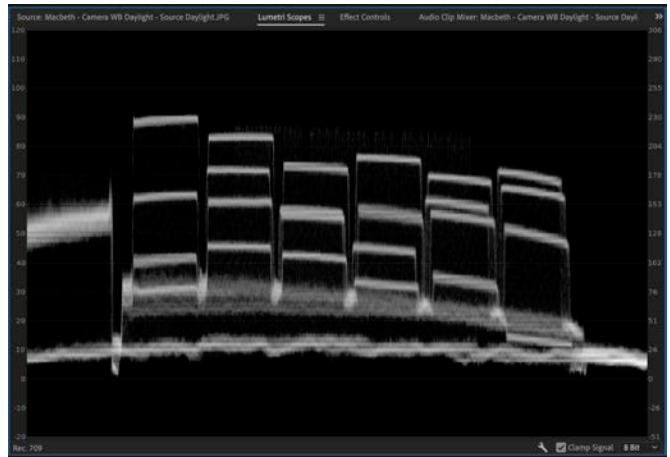
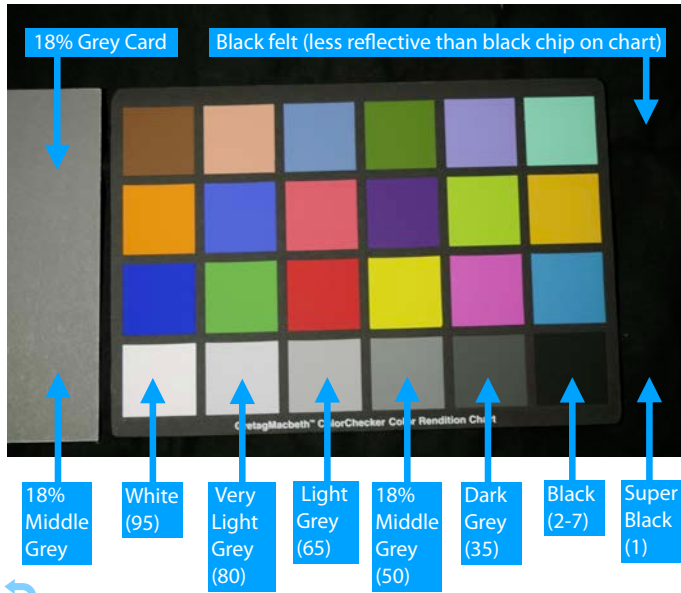
## Using the a7iii in movie mode with manual exposure

### What is good exposure?



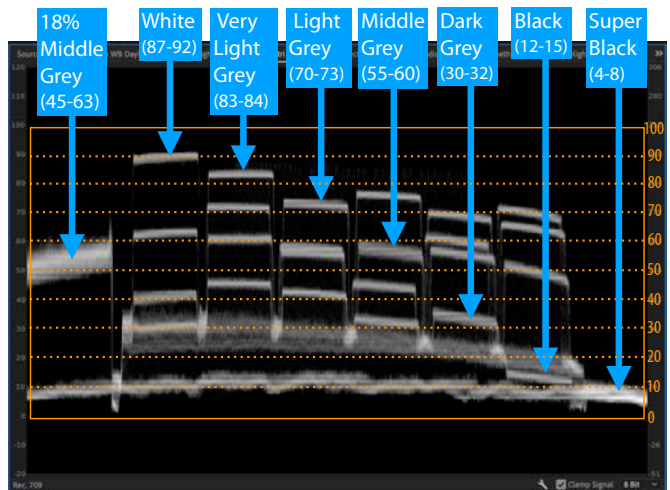
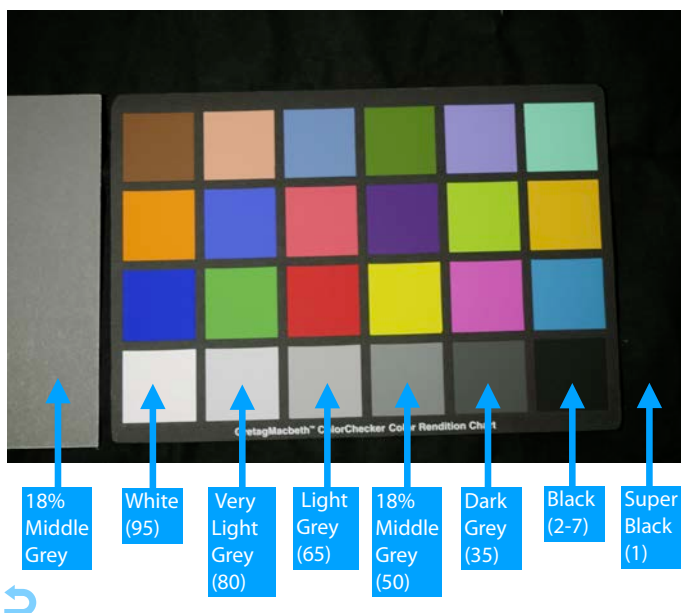
Using the a7iii in movie mode with manual exposure

What is good exposure?



**Waveform Monitor**  
shows luminance component of the video signal, may be found in external monitors and Lumetri Scopes in Premiere Pro

Using the a7iii in movie mode with manual exposure



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shows luminance component of the video signal, may be found in external monitors and Lumetri Scopes in Premiere Pro



## Using the a7iii in movie mode with manual exposure

### What is good exposure?

zebra indicator (zebra set to 90)

18% reflectance (middle gray) patch

2 stops under      1 stop under      about right      1 stop over      2 stops over

According to an exposure meter, a good exposure is when a surface with 18% reflectance in the scene is reproduced in the middle of the tonal scale (50)

In terms of creative vision, good exposure is whatever produces the image you are looking for.

## Using the a7iii in movie mode with manual exposure

### What is focal length?



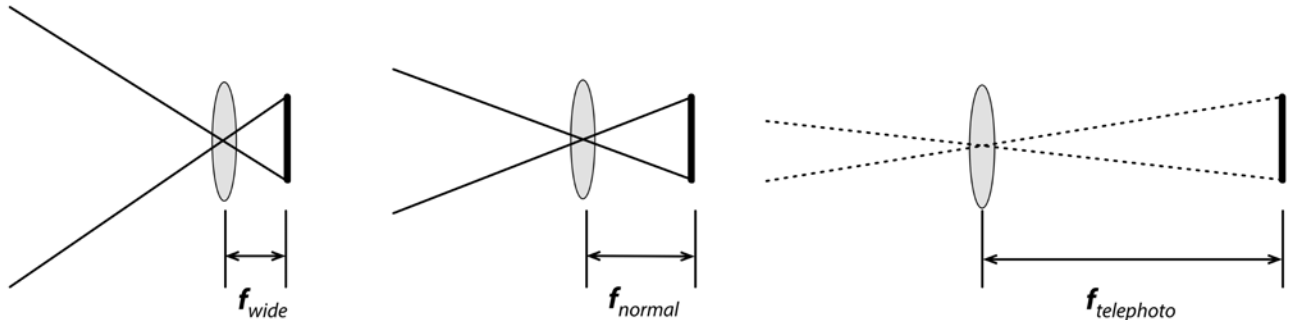
**Prime lens:** A lens with a fixed focal length.

**Zoom lens:** a lens with a variable focal length.



## Using the a7iii in movie mode with manual exposure

### What is focal length?



The **focal length** of a lens is the distance between the optical center of the lens and the image sensor where the subject is in focus, usually stated in millimeters. The focal length of the lens determines:

- field of view (a.k.a. angle of view),
- perspective,
- depth of field, and
- motion blur, as a result of camera movement (depending on angular velocity, higher for longer focal lengths)



## Using the a7iii in movie mode with manual exposure

### Focal length and angle of view

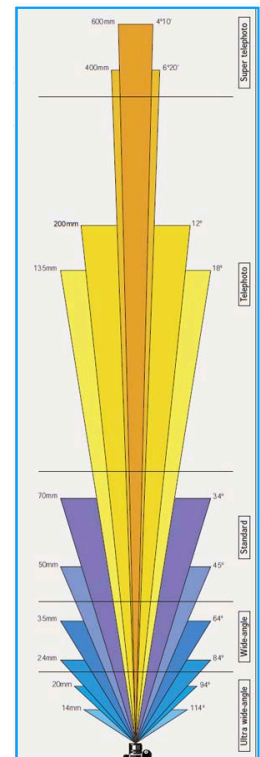
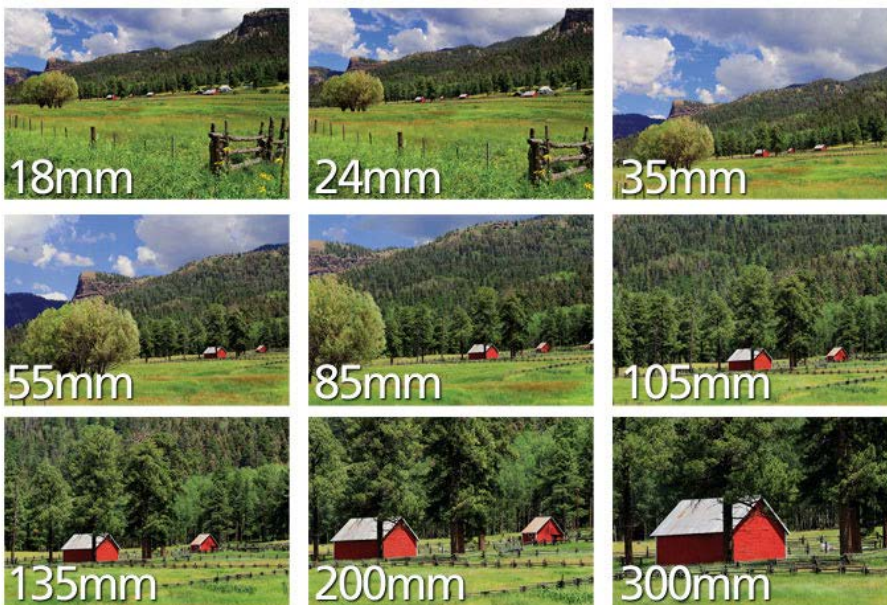
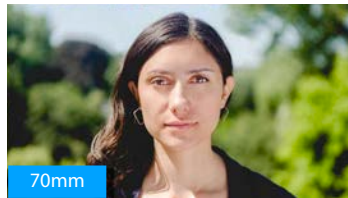
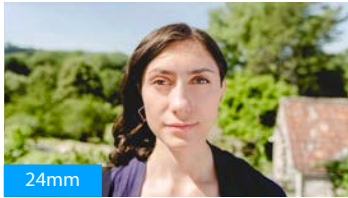


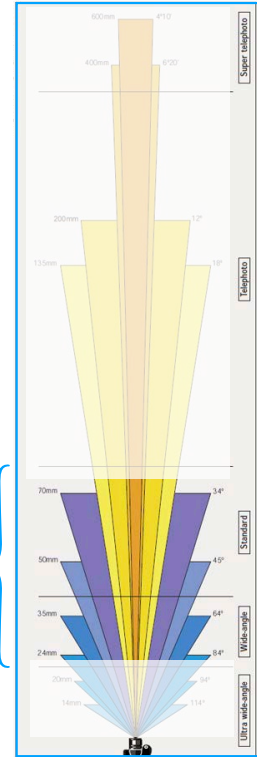
Image source: Nikon USA

## Using the a7iii in movie mode with manual exposure

### Focal length and angle of view and perspective



The Sigma 24-70mm f/2.8 zoom lens covers this range



Images: Jackson Kingsley, <https://fivedayfilm.com/guide-to-cinematic-shots/> (©) Chart: Nikon USA (©)

## Using the a7iii in movie mode with manual exposure

### Focal length and angle of view and perspective



A normal lens reproduces a field of view and perspective that appears "natural" to a human observer. In addition to angle of view differences, wide-angle lenses exhibit depth expansion while telephoto lenses exhibit depth compression, both introducing noticeable distortion in comparison to a normal lens.



Images by Dan Vojtech, <http://www.danvojtech.cz>

Using the a7iii in movie mode with manual exposure

### Focal length and angle of view and perspective



Images by Dan Vojtěch, <http://www.danvojtech.cz>

Using the a7iii in movie mode with manual exposure

### Focal length and angle of view and perspective



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## Using the a7iii in movie mode with manual exposure

### What is aperture?



## Using the a7iii in movie mode with manual exposure

### What is aperture?

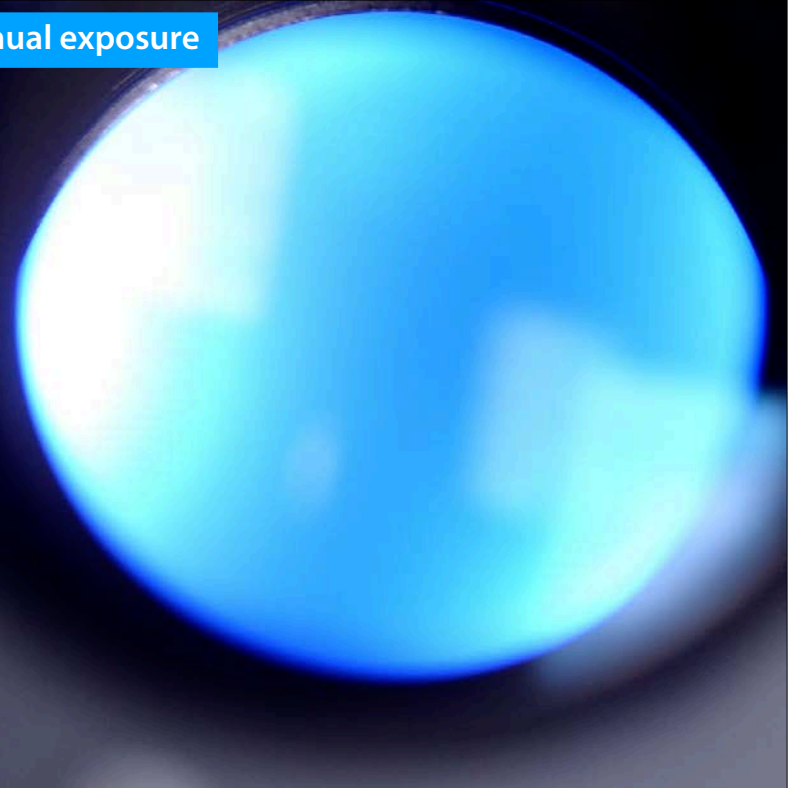
The amount of light captured by a lens is proportional to the area of the aperture, related via the f-number:

$$N = f / D$$

with focal length  $f$  and aperture diameter  $D$ , this is why we end up with the funny numbers like  $f/2.8$

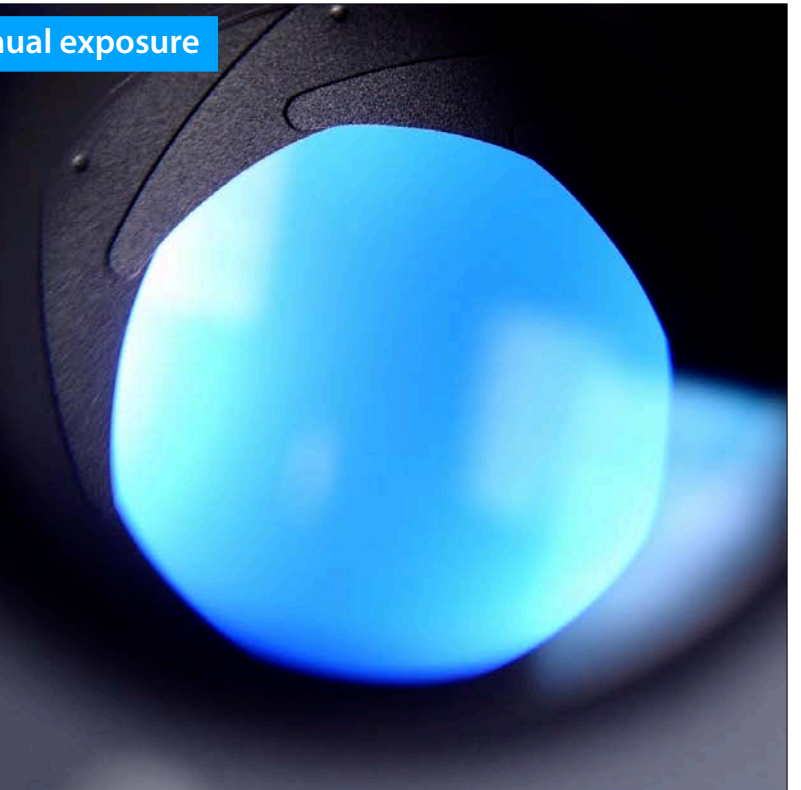
Using the a7iii in movie mode with manual exposure

What is aperture?



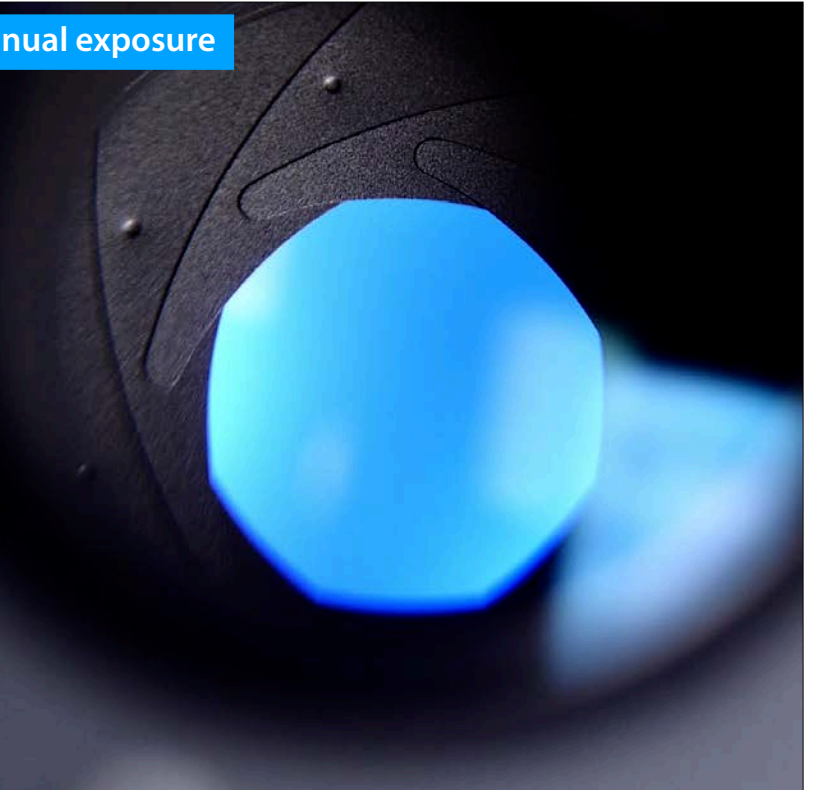
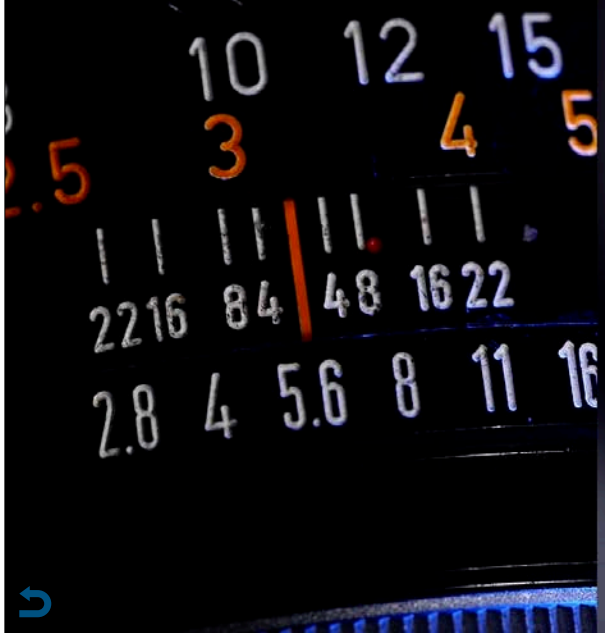
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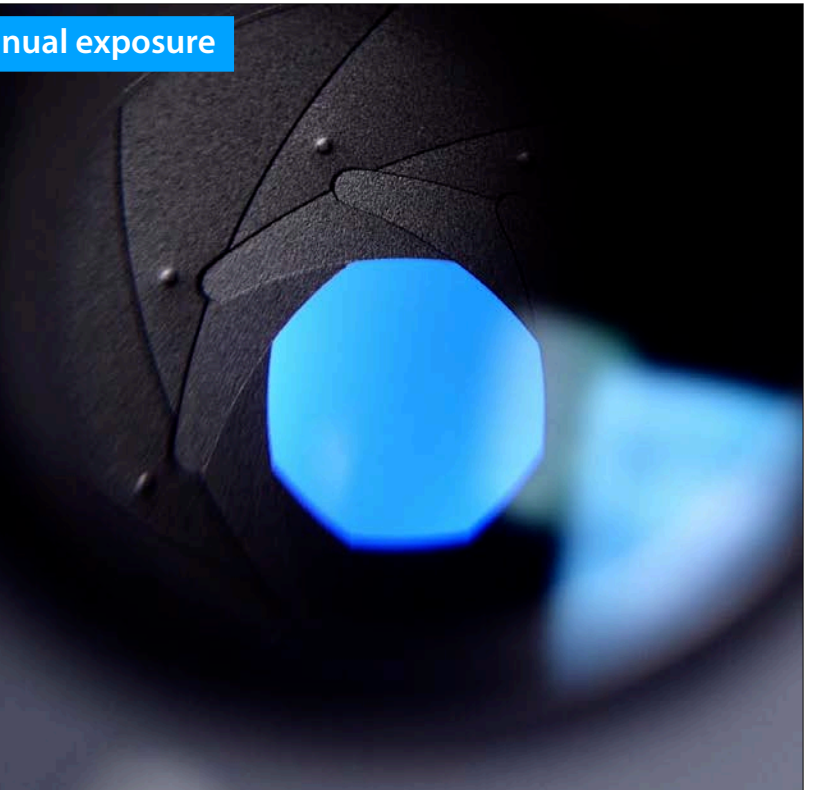
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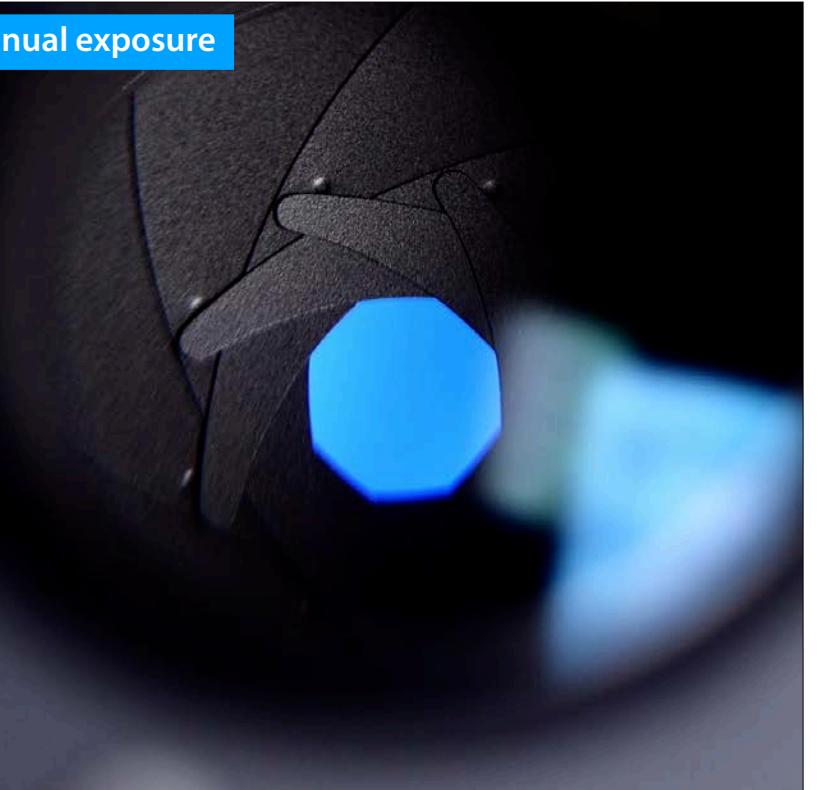
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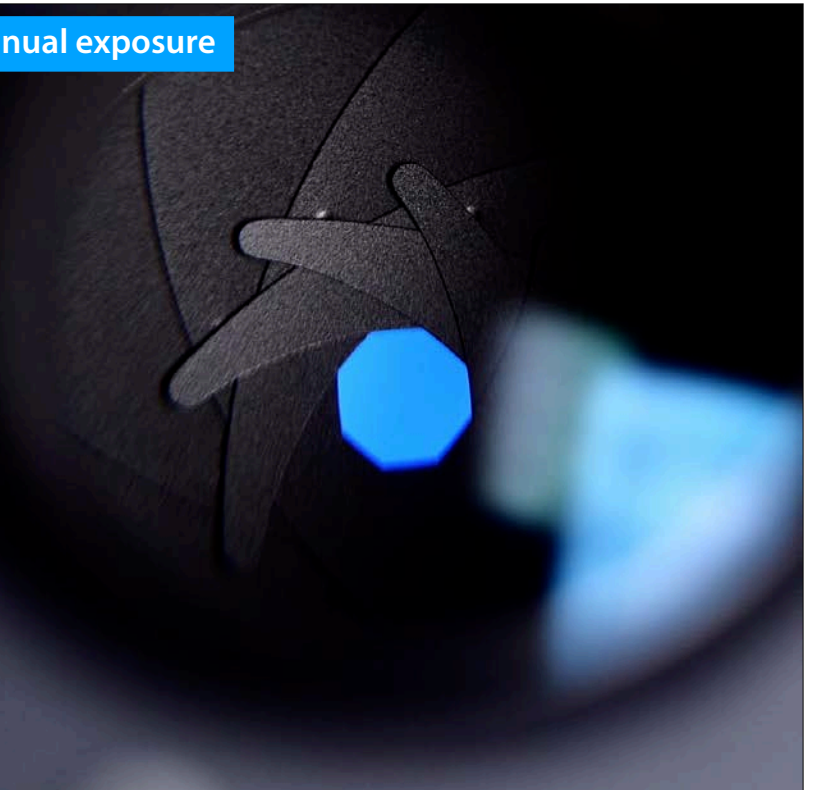
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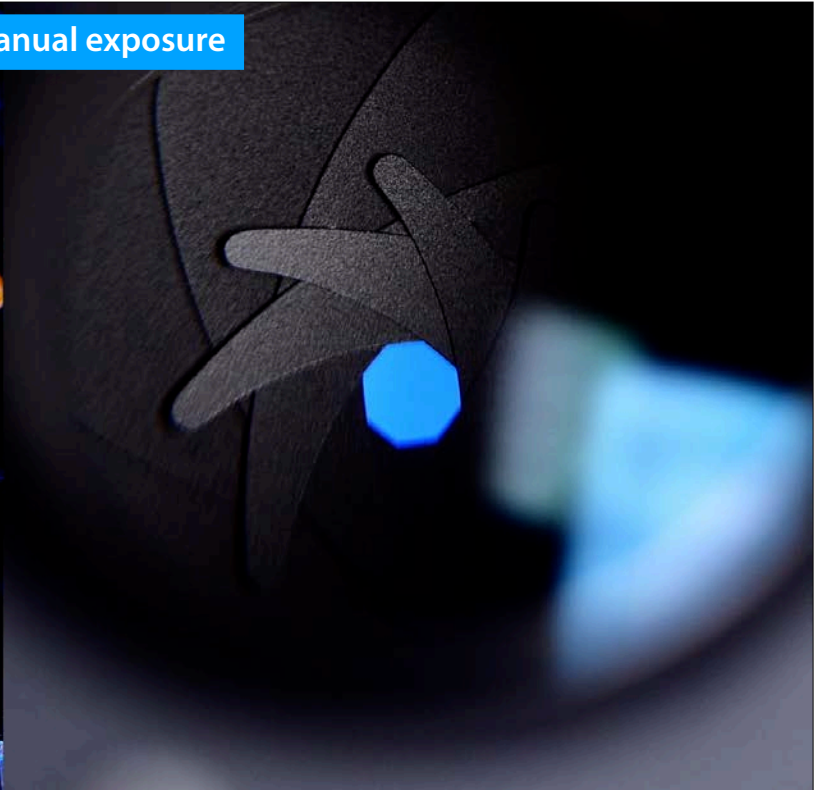
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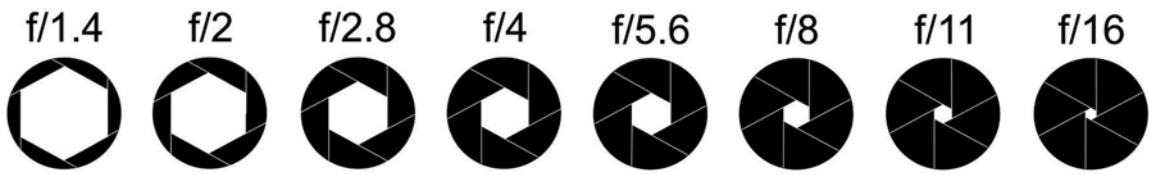
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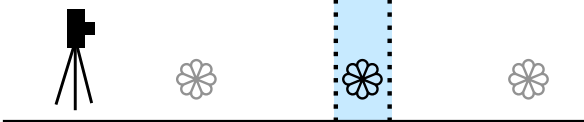


Using the a7iii in movie mode with manual exposure

What is aperture?



Large Aperture



The **aperture** has an effect on both exposure and depth of field.

**f-stop** (a.k.a. f-number) the ratio of the lens focal length to the diameter of the entrance pupil.

Small Aperture



**Depth of field** is a function of three factors: focal length of the lens, the aperture, and the focus setting.

**Large apertures** yields shallow depth of field while **smaller apertures** yield greater depth of field.



Using the a7iii in movie mode with manual exposure

Large Aperture



Using the a7iii in movie mode with manual exposure

Small Aperture



## Using the a7iii in movie mode with manual exposure

### What is shutter speed?

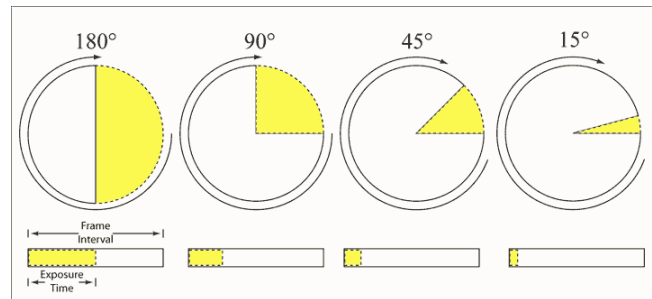
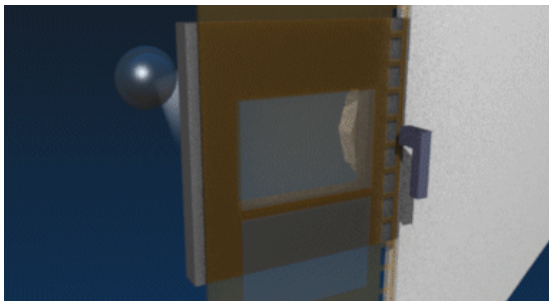
The length of time that the sensor inside the camera is exposed to light when exposing a frame (video) or image (photography). The amount of light that reaches the sensor is proportional to the exposure time. 1/100 will let half as much light reach the sensor as 1/50.



## Getting started with the a7iii

### Shutter speed, frame rate, and motion blur

Frame rate (designated in frames per second or FPS) is the rate (frequency) at which consecutive frames (images) are captured by a camera or displayed by a playback system. While temporal sensitivity and resolution of human vision varies between individuals and depends on the characteristics of the visual stimulus, roughly, a frame rate above 12 or fps are required to perceive the individual frames as movement, and a frame rate above 24 or so fps are required for the movement to appear smooth.



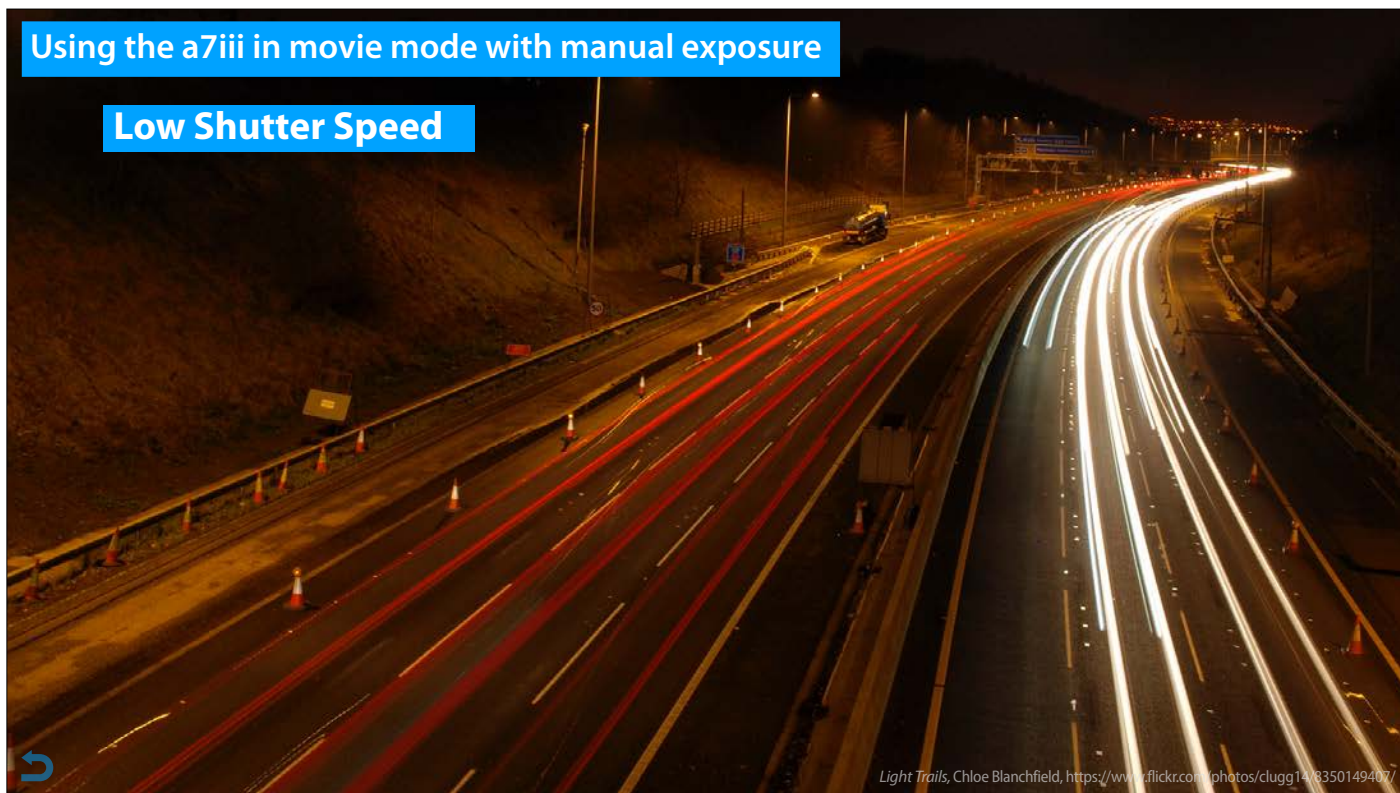
The cinema standard of 24 fps was a trade-off between smooth motion and film consumption. The standard 1/48 shutter speed is the result of a 180° rotating shutter. While the shutter blade covers the gate, the camera advances the film to the next frame. The frame is exposed while the shutter does not cover the gate. Higher shutter speeds are achieved by adjusting the shutter angle, with an effect on both exposure and motion blur, however, 180° became the standard and along with it motion blur of moving objects and/or camera movement due to 1/48 shutter speed, resulting in a major factor of the "film look."



Animation: Joram van Hartingsveldt (CC BY-SA 3.0), [https://en.wikipedia.org/wiki/Rotary\\_disc\\_shutter#/media/File:Moviecam\\_schematic\\_animation.gif](https://en.wikipedia.org/wiki/Rotary_disc_shutter#/media/File:Moviecam_schematic_animation.gif)  
Diagram: plowboylifestyle (CC BY-SA 3.0), <https://en.wikipedia.org/wiki/File:ShutterAngle.png>

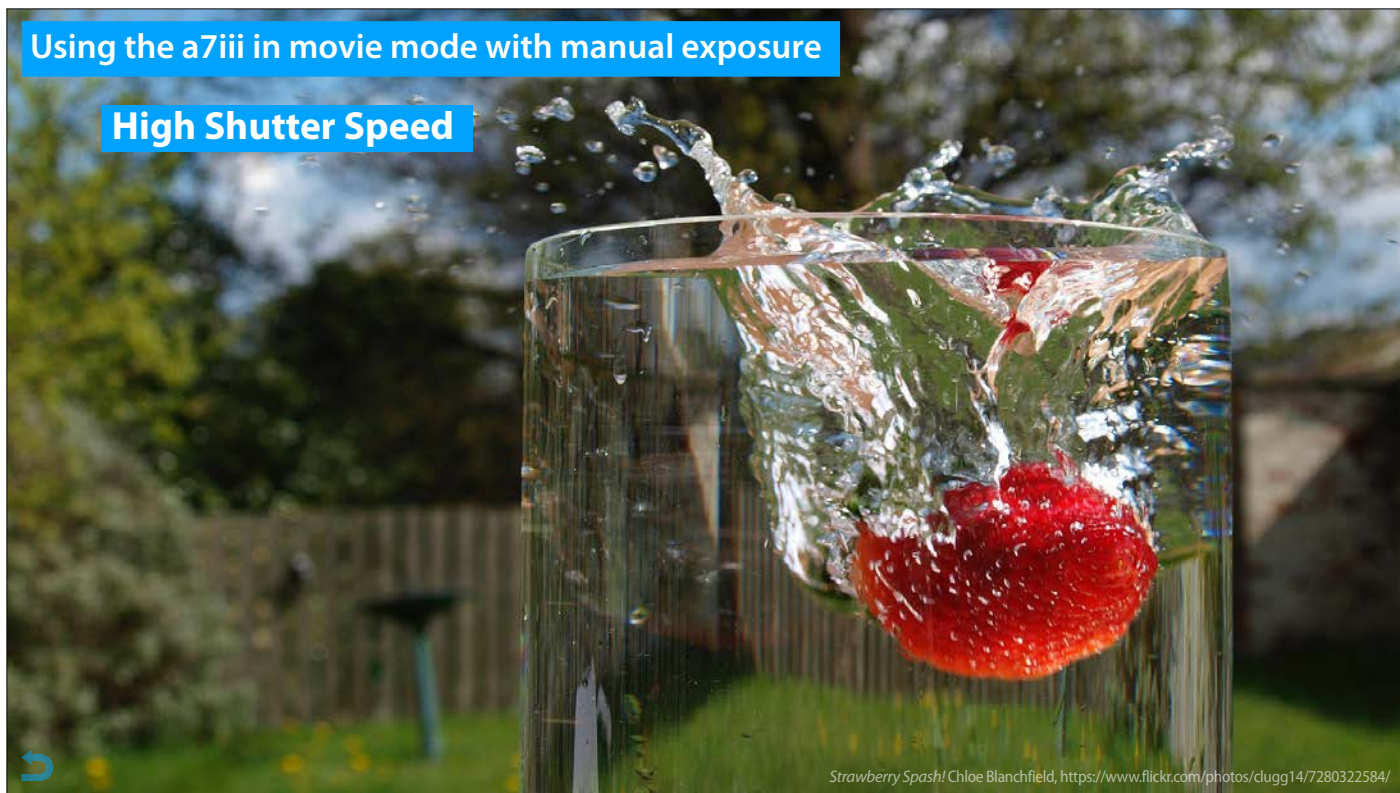
Using the a7iii in movie mode with manual exposure

Low Shutter Speed



Using the a7iii in movie mode with manual exposure

High Shutter Speed



## Getting started with the a7iii

### Shutter speed, frame rate, and motion blur

#### 24p

- “film look”
- Motion blur
- Use 1/50 shutter\* (a7iii can't do 1/48)

#### 30p

- “video look”
- Motion blur similar, but less than 24p
- Use 1/60 shutter\*

#### 60p

- “real look”
- Less motion blur
- Use 1/125 shutter\* (a7iii can't do 1/120)

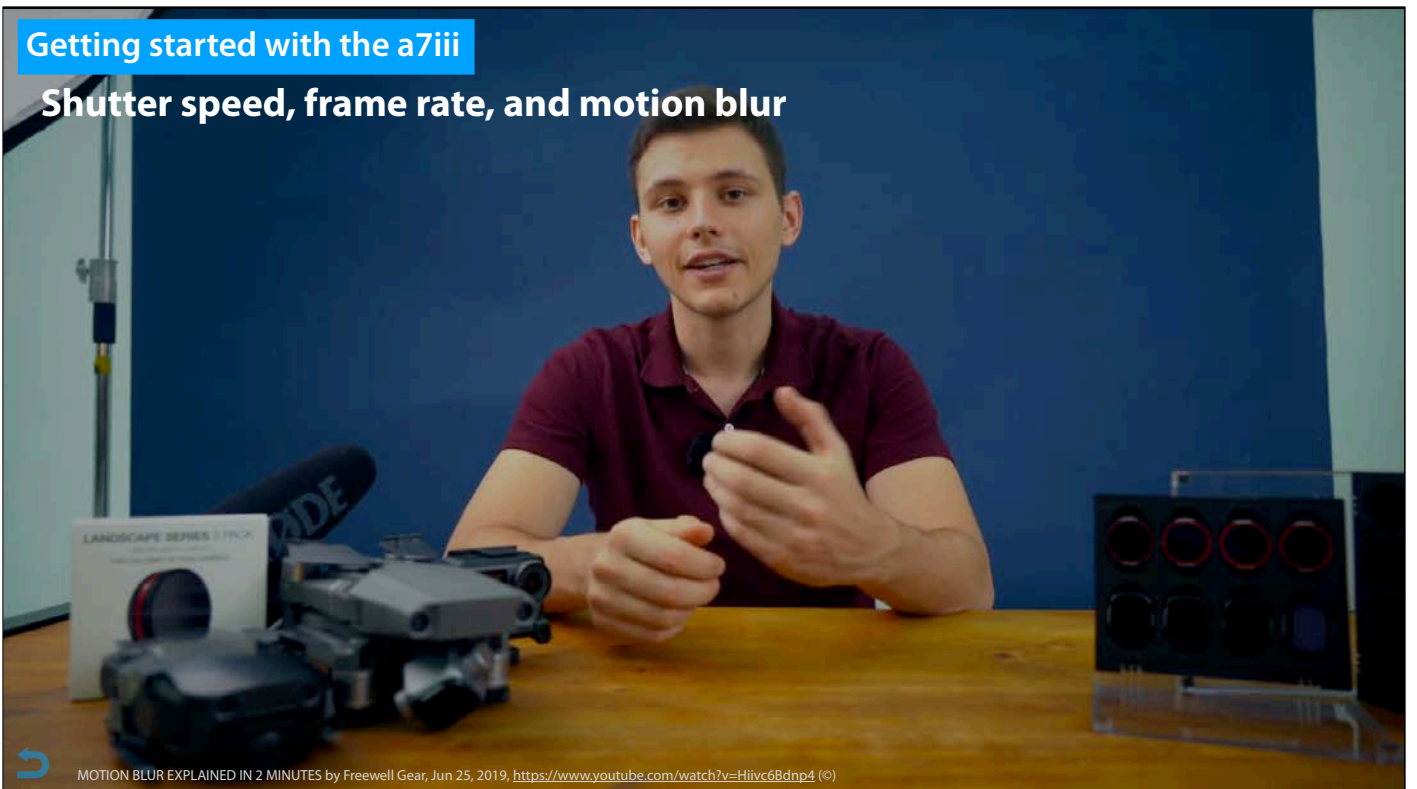
#### 120p

- “hyper-real look”
- Very little motion blur
- Use 1/250 shutter\* (a7iii can't do 1/240)



## Getting started with the a7iii

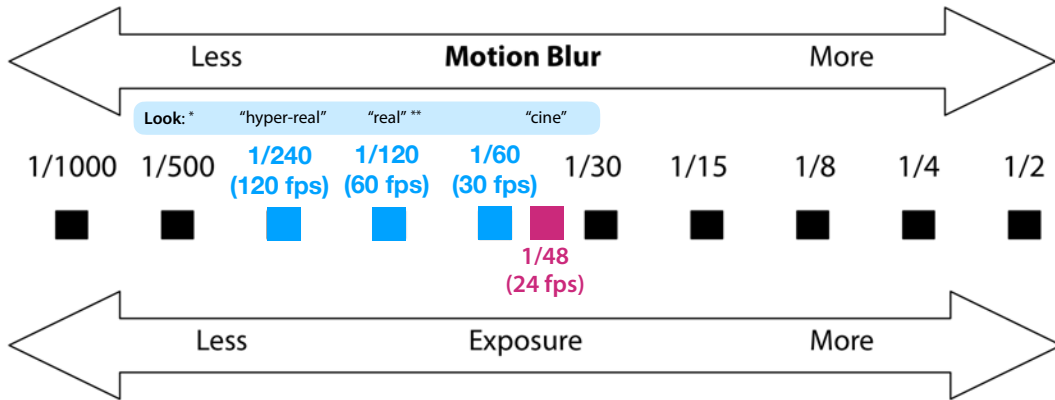
### Shutter speed, frame rate, and motion blur



## Using the a7iii in movie mode with manual exposure

### Shutter speed, frame rate, and motion blur

**Rule of thumb:** Set shutter speed to 2x frame rate for “natural” motion blur (e.g. at 24 fps set shutter speed to 1/48)  
 (Note: Sony a7iii can't do 1/48 so 1/50 is as close as we can get)



Each step represents one stop difference in exposure (1/2 or double)



\* The “look” is a result of image refresh rate and motion blur, it is a perceptual phenomena, we perceive higher frame-rate acquisition/display as more “real”  
 \*\* 60i (interlaced) video (60 fields/sec, 30 frames/sec) provides the “real look” while 30p video looks more like the cine look.

## Using the a7iii in movie mode with manual exposure

### What is ISO Sensitivity?

Sensitivity to light as a numerical value.

#### ISO Sensitivity

- Standard set by the International Organization for Standardization (ISO) representing sensitivity to light specified as a number
- A higher number indicates a higher sensitivity and a greater ability to capture light
- Double the number indicates double the sensitivity, half the number represents half the sensitivity
- The higher the sensitivity, the higher the noise level, sensors vary greatly in their noise levels
- Traditional film emulsions have ISO sensitivities in the 25 to 500 range; current digital sensors have much higher sensitivity

Press here to change ISO setting

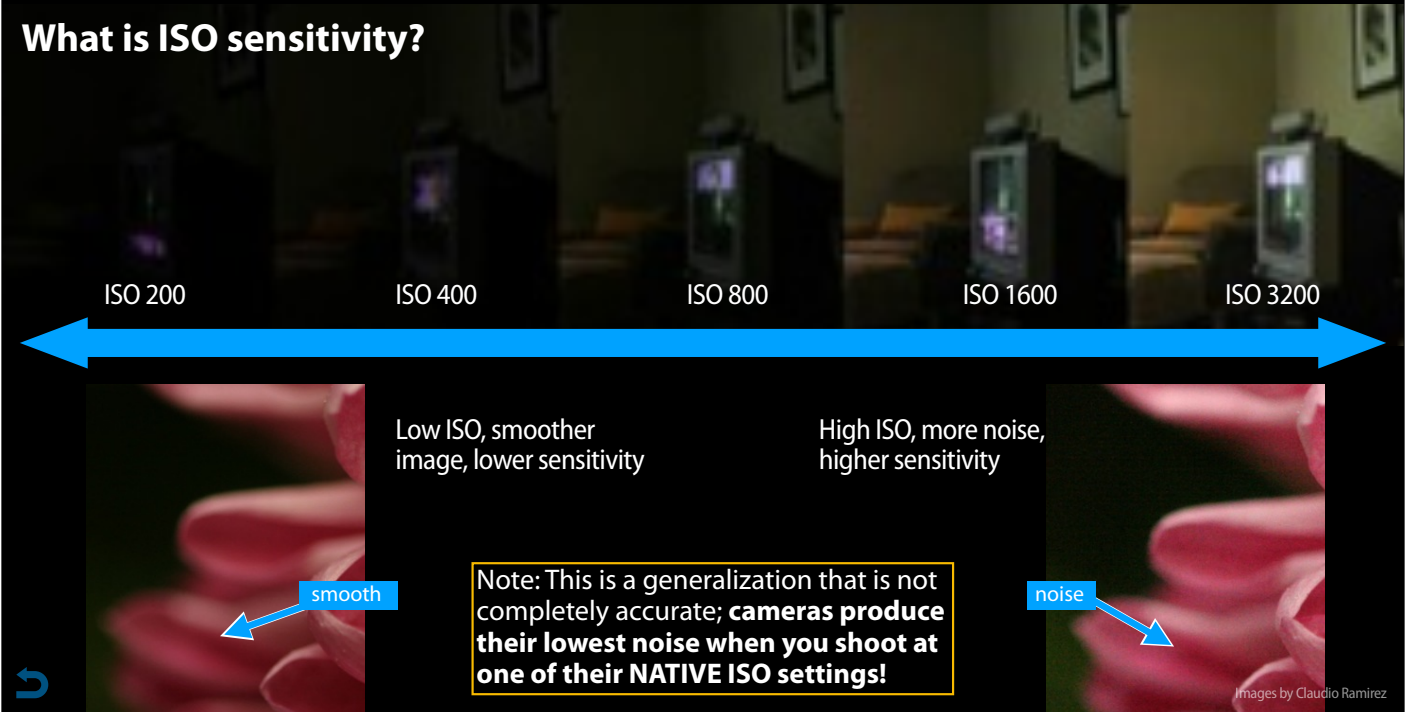
ISO setting

Leave this alone when working in manual.



## Using the a7iii in movie mode with manual exposure

### What is ISO sensitivity?



## Using the a7iii in movie mode with manual exposure

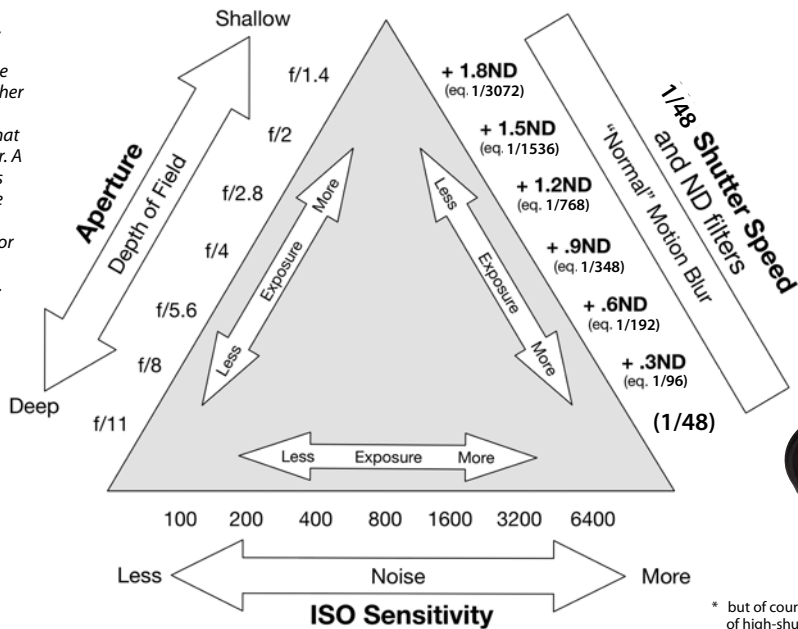
5. Now you have manual control over exposure by adjusting: **a** the aperture dial, **b** the shutter speed dial (though you'll want to keep this at 1/50 for "normal" motion blur), and **c** ISO sensitivity via the multi-function dial



## Using the a7iii in movie mode with manual exposure

### Exposure triangle (for video recording at 24 fps (1/48) shutter speed)

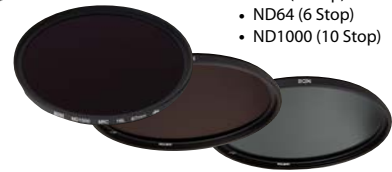
The shutter speed, the lens aperture, and the luminance of the scene together determine the amount of light that reaches the sensor. A proper exposure is determined by the amount of light reaching the sensor the sensor's sensitivity to light.



⚠ when shooting 24p, set to shutter to 1/50 and don't change it!\*

Use ND Filter kit instead of closing down aperture in order to maintain desired DOF

- ND8 (3 Stop)
- ND64 (6 Stop)
- ND1000 (10 Stop)



\* but of course, there are always exceptions to the rule, you may want the stutter of high-shutter speeds or the excess motion blur of slower shutter speeds!

## Using the a7iii in movie mode with manual exposure

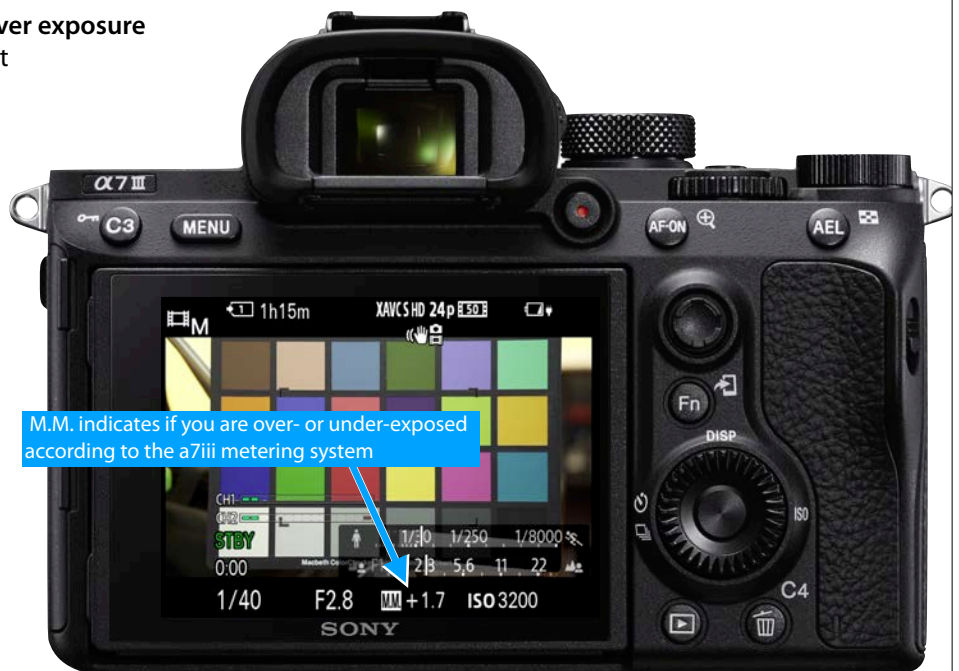
5. Now you have manual control over exposure to help you determine the right exposure, use these tools:

- Zebras
- Internal Meter (there is also a histogram available)

areas that exceed the exposure threshold you've set will have zebra stripes over them (in this case 90 IRE)



M.M. indicates if you are over- or under-exposed according to the a7iii metering system





## Using the a7iii in movie mode with manual exposure

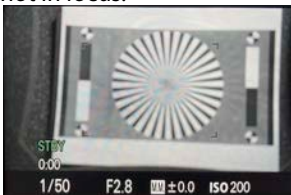
6. For maximum creative control, set focus manually, to help you do this, enable peaking, a focusing aid that indicates areas of high contrast



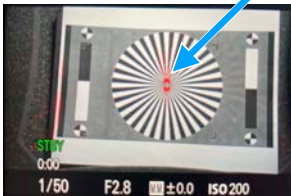
## Using the a7iii in movie mode with manual exposure

6. For maximum creative control, set focus manually, to help you do this, enable peaking, a focusing aid that indicates areas of high contrast; (Camera 1 => Focus Assist (13/14) => Peaking Level => Peaking Setting => Peaking Display: On); then set Level and Color

not in focus:



in focus:

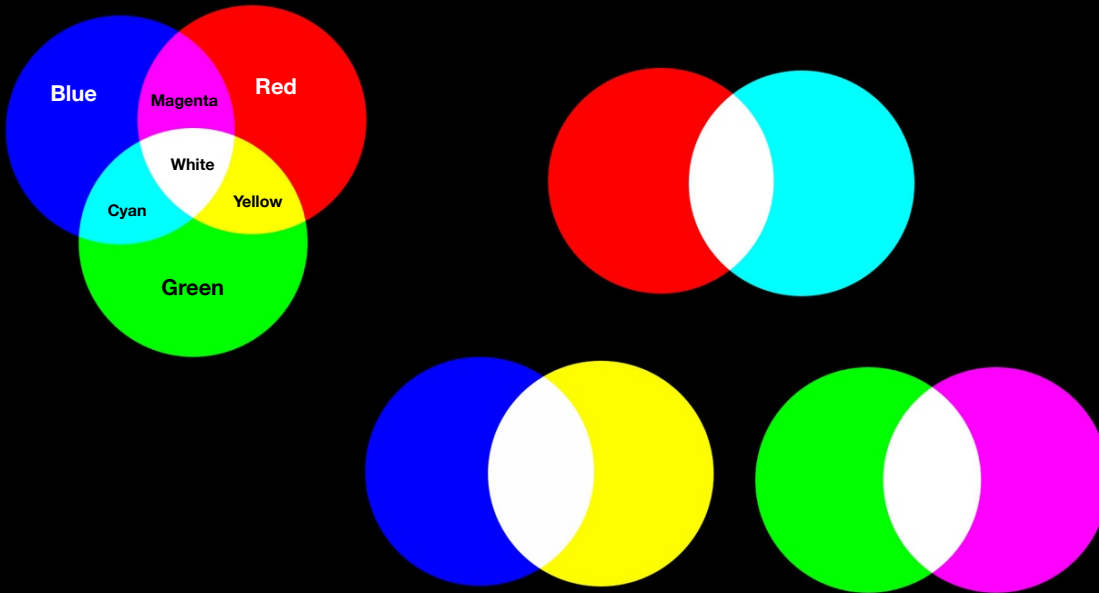


Level is a sensitivity setting; "low" will only highlighting areas of very high contrast while "high" will highlight more, lower contrast areas



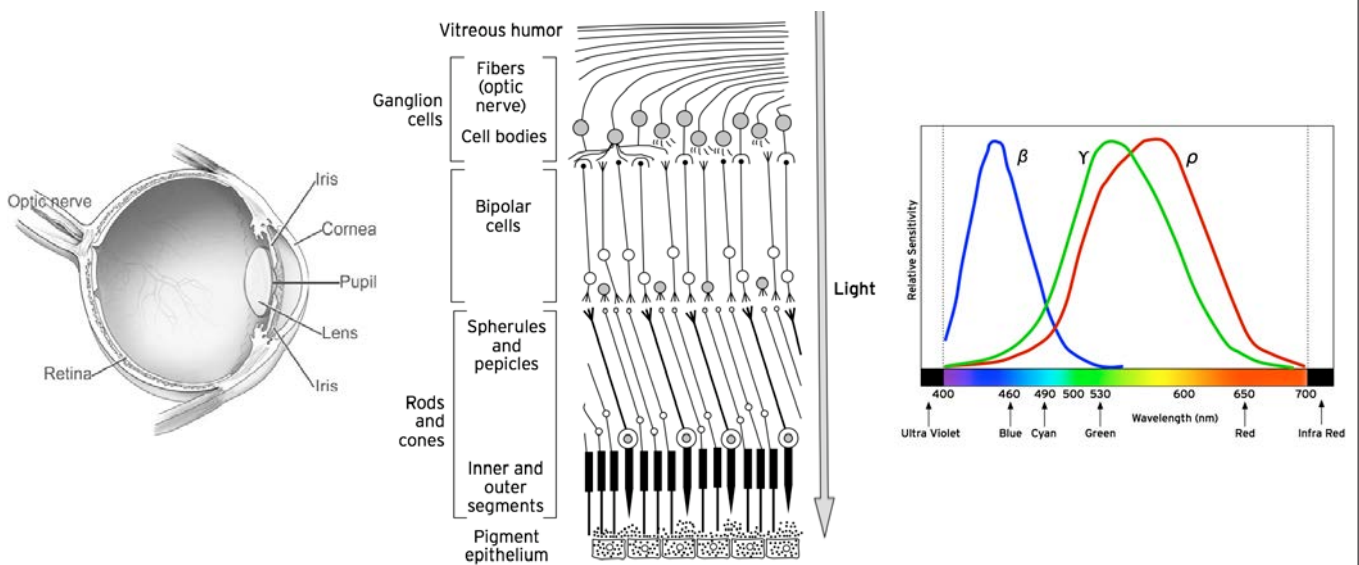
Using the a7iii in movie mode with manual exposure

## Quick review of the additive color model



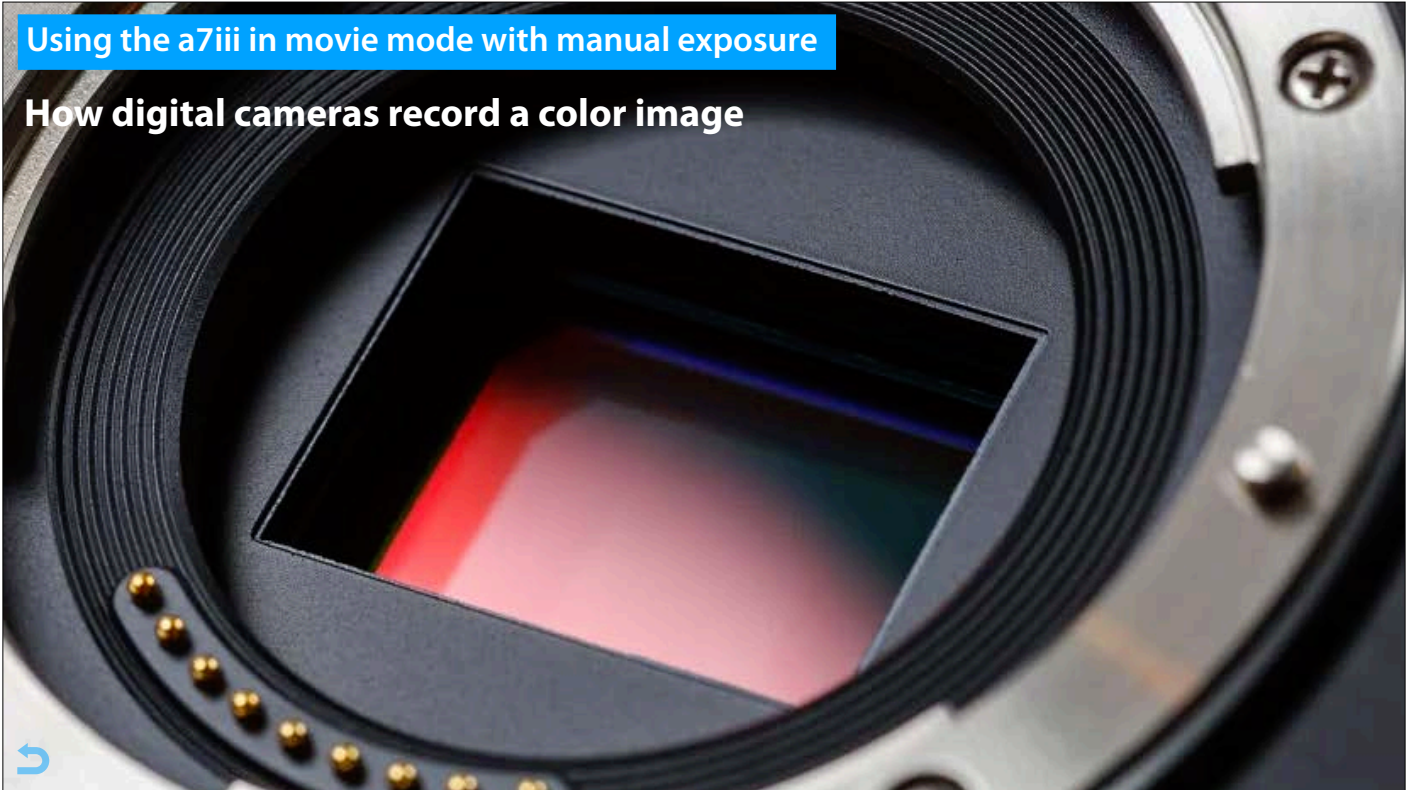
Using the a7iii in movie mode with manual exposure

## color vision



Using the a7iii in movie mode with manual exposure

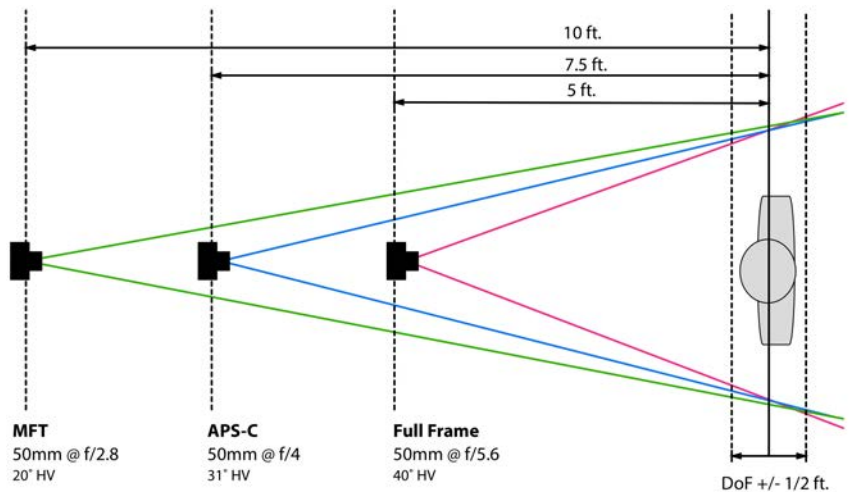
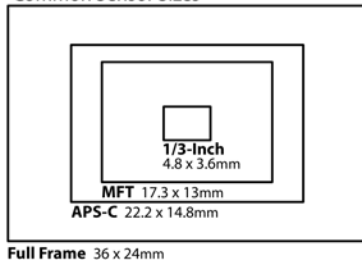
## How digital cameras record a color image



## Sensor size comparison

Sensor size does not have an effect on depth-of-field, however, what we consider a “normal” lens is determined by sensor size, therefore, a “normal” lens for a camera with a Micro Four-Thirds (MFT) sensor like the Panasonic GH5 is 25mm, while a “normal” lens for a full-frame camera like the Sony a7iii is 50mm. What full-frame cameras make possible in comparison to smaller sensor counterparts is shorter camera to subject distances when shallow depth of field is required. There is more to this, of course ...

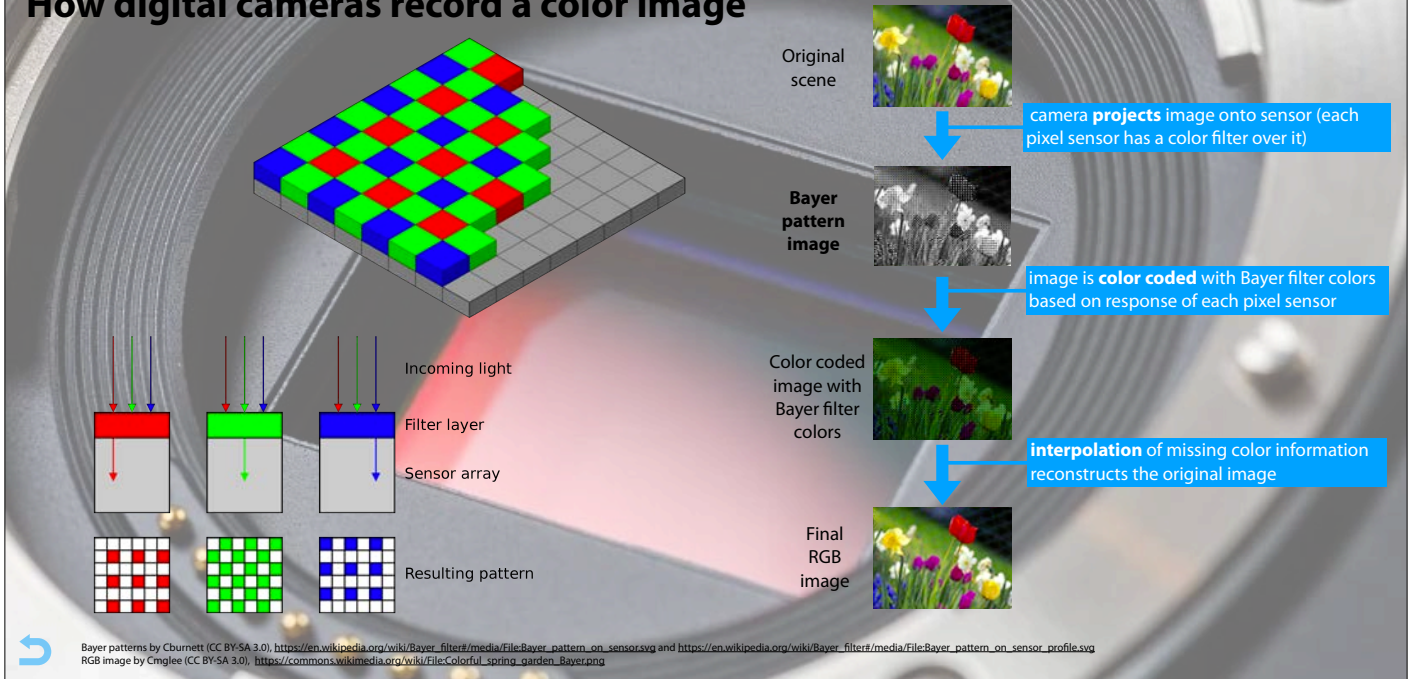
Common Sensor Sizes



See the Depth of Field Calculator at <http://www.dofmaster.com/dofjs.html>

## Using the a7iii in movie mode with manual exposure

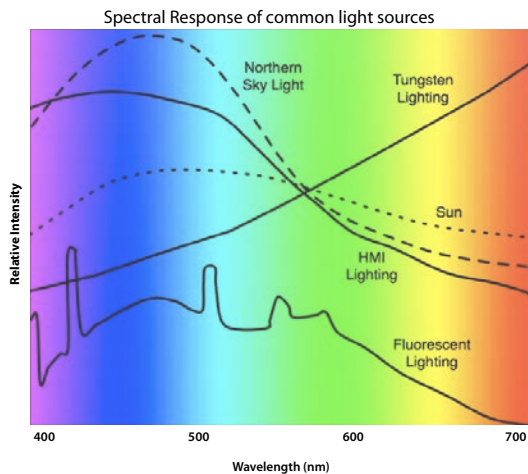
### How digital cameras record a color image



## Using the a7iii in movie mode with manual exposure

### What is color temperature?

The **color temperature** of a light source describes the spectral response of a source that is on the line from reddish/orange via yellow to more or less white to blueish white light in units of K (degrees Kelvin).\*



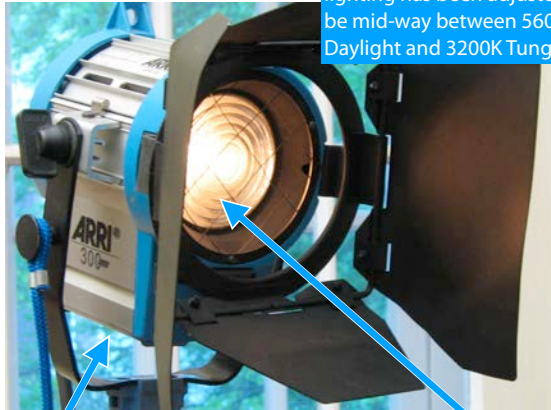
°Kelvin	Natural Light Sources	Artificial Light Sources
10,000°	Summer Skylight 9,500° to 30,000°	
9,000°	Hazy sunlight 9,000°	
8,000°	Partly Cloudy Sky 8,000° to 10,000°	
7,000°	Average summer shade 8,000°	
6,000°	Light summer shade 7,100°	
6,000°	Average Summer Sky w/ blue skylight 6,500°	
6,000°	Overcast sky 6,000°	
5,000°	Direct Mid-summer Sunlight 5,800°	HMI Lamp 5,600°
5,000°	Summer sunlight at noon 5,400°	Daylight Balanced Fluorescent (Chroma 50) 5,500°
4,000°	Early morning & late afternoon sunlight 4,300°	Daylight Blue Photoflood Lamp 4,280°
3,000°	One hour after sunrise 3,500°	Photoflood Lamp 3,400°
3,000°		Tungsten Halogen bulb 3,200°
3,000°		Tungsten Balanced Fluorescent (Ultra 32) 3,200°
2,000°	Sunrise or Sunset 2,000°	Domestic electric light bulb 2,900°
1,000°		Candle Flame 1,850°
1,000°		Match Flame 1,700°

\*This measure is derived from the Kelvin temperature given off by a "black body radiator" as it is heated (a theoretical lamp filament); 0° K = -273.15° C.

Based in part on *Light and Color* by R. Daniel Overheim and David L. Wagner (Wiley, 1982)

## Using the a7iii in movie mode with manual exposure

### What is white balance?



In this image, ambient lighting has been adjusted to be mid-way between 5600K Daylight and 3200K Tungsten.

Daylight background

3200K Tungsten Light Source

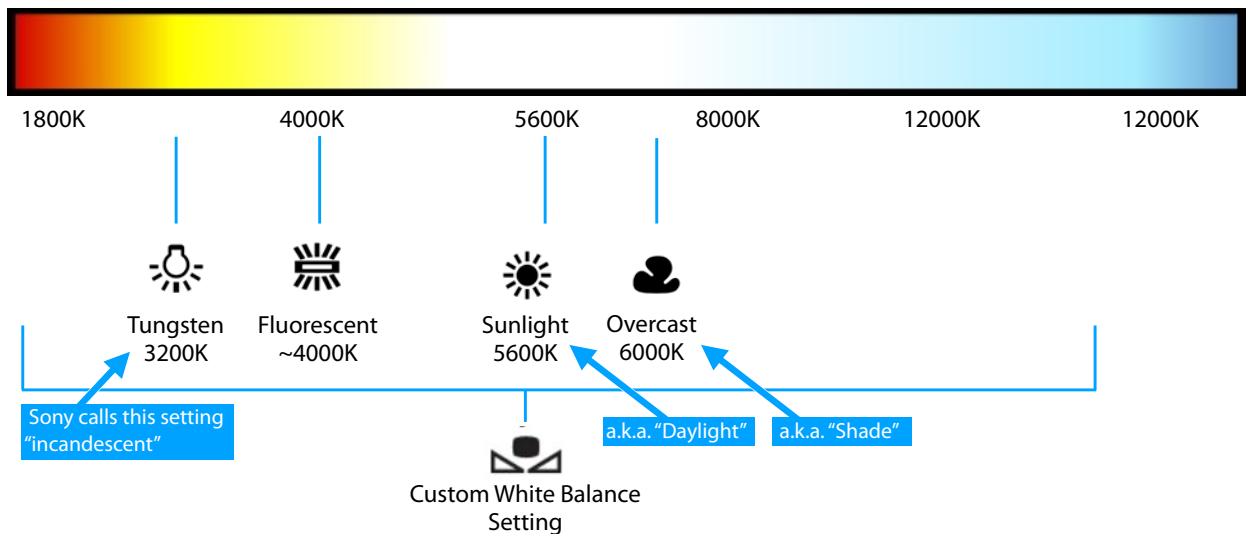


The camera does not know what combination of red, green, and blue values should be rendered as white, so we need to "White Balance" the camera to tell it. This offers much better color rendering than auto white balance.




## Using the a7iii in movie mode with manual exposure

### Color temperature and white balance settings common to digital cameras




## Using the a7iii in movie mode with manual exposure

7. Set the white balance for better color rendition 




## Using the a7iii in movie mode with manual exposure

7. Set the white balance for better color rendition 
  - a. Press Fn to bring up the Function Menu scroll to the White Balance tile
  - b. Select White Balance




## Using the a7iii in movie mode with manual exposure

7. Set the white balance for better color rendition 
  - a. Press Fn to bring up the Function Menu scroll to the White Balance tile
  - b. Select White Balance
  - c. Scroll to Custom Setup and then press the Multi-Function select button




## Using the a7iii in movie mode with manual exposure

7. Set the white balance for better color rendition 
  - a. Press Fn to bring up the Function Menu scroll to the White Balance tile
  - b. Select White Balance
  - c. Scroll to Custom Setup and then press the Multi-Function select button
  - d. Place a white reference card in the scene and then press the Multi-Function select button to set the White Balance




## Using the a7iii in movie mode with manual exposure

7. Set the white balance for better color rendition 
  - a. Press Fn to bring up the Function Menu scroll to the White Balance tile
  - b. Select White Balance
  - c. Scroll to Custom Setup and then press the Multi-Function select button
  - d. Place a white reference card in the scene and then press the Multi-Function select button to set the White Balance
  - e. Choose a register to store the setting, then press Multi-Function select button to store it



## Using the a7iii in movie mode with manual exposure














7. Set the white balance for better color rendition 
  - a. Press Fn to bring up the Function Menu scroll to the White Balance tile
  - b. Select White Balance
  - c. Scroll to Custom Setup and then press the Multi-Function select button
  - d. Place a white reference card in the scene and then press the Multi-Function select button to set the White Balance
  - e. Choose a register to store the setting, then press Multi-Function select button to store it
  - f. White balance set and stored in a register





## Using the a7iii in movie mode with manual exposure

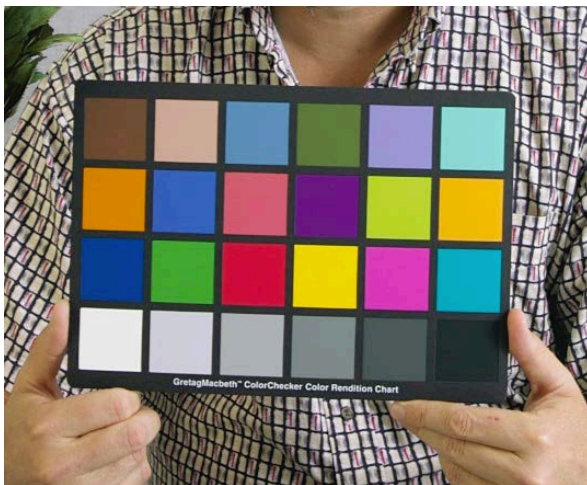
### 7. Set the white balance for better color rendition

White Balance Presets and Settings	
 Daylight	Fluorescent
 Shade	 -1 Warm White
 Cloudy	 0 Cool White
 Incandescent	 +1 Day White
 Underwater Auto	 +2 Daylight
<b>AWB</b> Automatic White Balance	
AWB  AWB (Priority Set: Ambience)	
AWB  AWB (Priority Set: White)	
 Manual setting	
 Use setting saved in Custom 1/2/3	

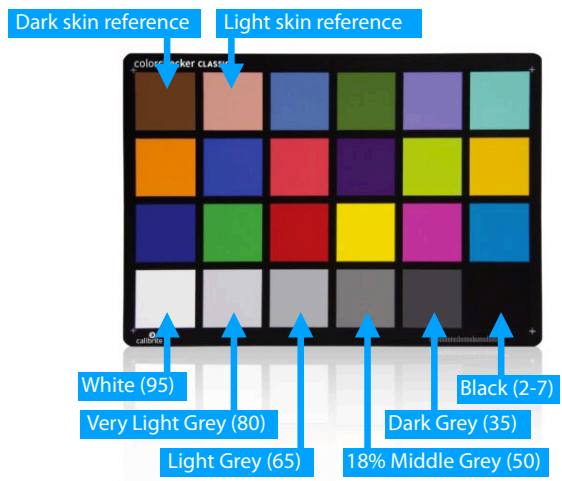


## Using the a7iii in movie mode with manual exposure

### Using a reference chart to understand color rendition



(PD)



#### Software Support:

- Adobe Photoshop and Adobe Lightroom via a free plugin
- Black Magic Design DaVinci Resolve for color grading
- 3DLUT Creator
- and others



See also ColorChecker, <https://en.wikipedia.org/wiki/ColorChecker>  
 See Color Checker, Calibrite, <https://calibrite.com/us/product/colorchecker-classic/>

## Using the a7iii in movie mode with manual exposure

### 8. Picture profiles

**FOR THIS WORKSHOP SHOOT WITHOUT A PICTURE PROFILE**

- PP1: [Movie] gamma
- PP2: [Still] gamma
- PP3: natural color tone using [ITU709] gamma
- PP4: color tone ITU709 standard
- PP5: [Cine1] gamma
- PP6: [Cine2] gamma
- PP7: [S-Log2] gamma
- PP8: [S-Log3] gamma and [S-Gamut3.Cine]
- PP9: [S-Log3] gamma and [S-Gamut3] HDR recording using [HLG2] gamma



## Using the a7iii in movie mode with manual exposure

### 9. Record video, experiment, and keep notes!

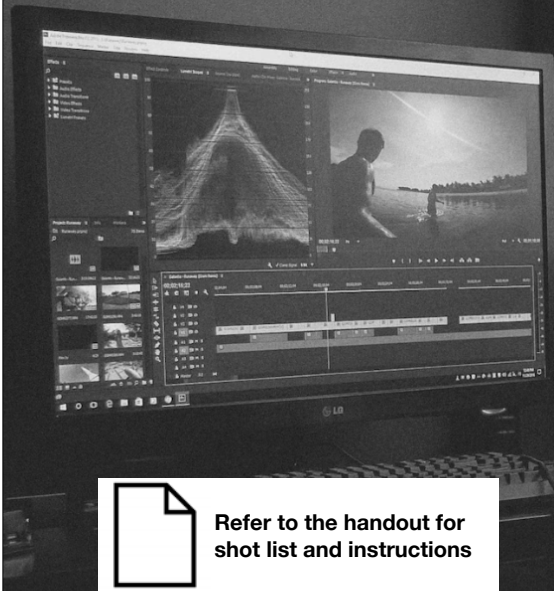
#### Notes:

- In Movie Mode audio levels are manually adjusted
- Image stabilization is enabled by default
- Camera may be powered via USB-C as well as battery
- Recording in progress indicated by REC on the LCD, otherwise it is STBY

Turn off the camera when not shooting to conserve battery power



## Hands-on Activity



Refer to the handout for shot list and instructions

1. Shooting (keep a log)
2. Review footage
3. Select the best clips
4. Assemble and export a sequence
5. View and comment on sequences

## Camera Reference

### Sony a7iii resources



**Sony a7iii Camera Settings (PDF)** (Sheffield Hallam University, [https://connect2.shu.ac.uk/self-help/cmbookings/forms/Sony\\_A7III\\_Settings\\_Guide.pdf](https://connect2.shu.ac.uk/self-help/cmbookings/forms/Sony_A7III_Settings_Guide.pdf))



**Sony a7iii Instruction Manual (PDF)**  
<https://tinyurl.com/sony-a7iii-manual>



**Sony a7iii Camera Help Guide**  
<https://helpguide.sony.net/ilc/1720/v1/en/index.html>



**Sony Help Guide for Creators**  
<https://helpguide.sony.net/di/pp/v1/en/index.html>  
Covers Picture Profiles