

# Introduction to Adobe Premiere Pro



**Days:** 3

**Prerequisites:** Practical working knowledge of Mac OS X or Windows and basic Web knowledge.

**Description:** In this course, you'll get a thorough overview of the interface, tools, features, and production flow for Premiere Pro CC. The course is an ideal combination of instructor-led demonstration and hands-on practice to introduce you to Adobe Premiere Pro software, a revolutionary 64-bit nonlinear video-editing application. You will learn powerful real-time video and audio editing tools that give you precise control over virtually every aspect of your production.

## OUTLINE:

### LESSON 1: GETTING STARTED

- Introduction to Premiere
- AI and New Features in Premiere
- Best Practices for Updating
- Keyboard Shortcuts
- Recommended Hardware
- System Requirements
- GPU-accelerated Rendering and Encoding/Decoding
- Frame.io Integration

### LESSON 2: TOURING ADOBE PREMIERE

- Understanding Nonlinear Editing
- Expanding the Premiere Workflow
- Touring the Premiere Pro Interface
- Working with Panels
- Using and Creating Workspaces
- Using and Setting Keyboard Shortcuts
- Setting Premiere Preferences
- Export Settings Preferences
- Resetting Premiere Preferences
- Recovery Mode

### LESSON 3: SETTING UP A PROJECT

- Starting, Opening, Moving, and Deleting Projects
- Working with Multiple Open Projects
- Backward Compatibility and Project Templates
- Creating a Project
- Setting Up a Sequence
- Changing Project Settings
- Using Proxies

### LESSON 4: IMPORTING MEDIA

- Importing Files, Images, and Audio
- Supported File Formats

- Working with Offline Clips and Relinking Media
- Timecode Management
- Importing Still Image Files
- Searching for Imported Media
- Working with Ingest Options and Proxy Media
- Working with the Media Browser Panel
- Importing from Creative Cloud Libraries
- Customizing the Media Cache
- Recording a Voice Over
- Using Adobe Stock

### LESSON 5: ORGANIZING MEDIA

- Using the Project Panel
- Organize Assets in the Project Panel
- Working in List View
- Metadata Management
- Working in Icon View
- Working in Freeform View
- Customizing Project Panel Views
- Using and Creating Bins
- Reviewing Footage
- Playing and Searching Assets
- Modifying Clips
- Synchronizing Audio and Video

### LESSON 6: VIDEO EDITING ESSENTIALS

- Using the Source Monitor
- Setting In and Out Points
- Source Patching vs Track Targeting
- Creating Subclips
- Customizing the Monitor Panel Button Bar
- Navigating the Timeline Panel
- JKL Key Navigation
- Using Essential Overwrite and Insert Editing Commands

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- Performing Storyboard Editing
- Using the Program Monitor Editing Mode

## LESSON 7: AI TEXT BASED EDITING

- Overview of Text-Based Editing
- Add Clips to the Timeline using Text-Based Editing
- Transcribe Video
- Edit Transcripts using Text-Based Editing
- Detect and Delete Pauses in Transcripts
- Using Bulk Bleep or Mute in Transcripts
- Transcribe Individual Source Files
- Edit Speaker Names in Transcriptions
- Edit Sequences using Text-Based Editing
- Remove all Instances of One Speaker in Transcripts

## LESSON 8: WORKING WITH CLIPS AND MARKERS

- Using the Program Monitor Controls
- Setting the Playback Resolution
- Playing Back VR Video
- Creating and Using Markers
- Markers Panel Basics
- Using Sync Lock and Track Lock
- Synchronizing Audio and Video
- Closing Gaps in the Sequence
- Selecting and Moving Clips on the Timeline
- Using the Lift and Extract Options

## LESSON 9: ADDING TRANSITIONS

- Transitions Basics
- Using Handles
- Creating Handles with the Generative Extend Tool
- Setting Transition Preferences
- Applying and Setting Default Transitions
- Adding Video Transitions Film
- AI Using the New Film Impact Modern Transitions
- Modifying and Customizing Transitions
- Using A/B Mode to Edit Transitions
- AI Morph Cut Transition
- Adding Audio Transitions
- Using Audio Fade Handles on the Timeline
- Selecting Single and Multiple Edit Points

- Copying and Pasting Transitions
- Saving Audio Transitions

## LESSON 10: ADVANCED VIDEO EDITING TECHNIQUES

- Performing Three and Four-point edits
- AI Generative Extend Features
- Changing Clip Playback Speed
- Creating Freeze Frames
- Using Frame Blending and Optical Flow for Speed Changes
- Replacing Clips and Media
- Nesting Sequences
- Performing Regular trimming
- Performing Advanced trimming
- Trimming in the Program Monitor
- Using Scene Edit Detection
- AI Applying the Auto Reframe Effect

## LESSON 11: EDITING AND MIXING AUDIO

- Overview of Audio in Premiere
- AI Audio Category Tagging
- Examining Audio Waveforms
- Setting Audio Preferences
- Using and Setting the Audio Meters
- Normalize vs Audio Gain
- Edit and Repair Audio Using the Essential Sound Panel
- AI Enhance Speech
- Using Interactive Fade Handles
- Understanding and Using Live Dynamic Waveforms
- Setting In and Out Points to the Audio Sample Rate
- AI Auto-Ducking Music
- Using the Audio Clip Mixer
- AI Using Remix to Retime Audio
- AI Generative Extend Tool for Audio
- Recording a Voice Over
- Creating L and J Cuts
- Using the Loudness Meter Effect
- Direct Downloading of Adobe Stock Audio

## LESSON 12: ADDING VIDEO EFFECTS

- Types of Effects in Premiere
- Applying and Removing Effects

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- AI Using the New Film Impact Modern Effects
- Effects Manager Usage
- Using FX badges
- Working with Visual Effects
- Applying Source Clip Effects
- Using Remove and Paste Attributes with Effects
- Masking and Tracking Effects
- AI Powered Object Masking
- Keyframing Effects
- Creating and Using Effect Presets
- Exploring Frequently Used Effects
- Using the Render And Replace Command

## LESSON 13: APPLYING COLOR CORRECTION

- About Color Management
- Setting Up Color management in the Lumetri Color Panel
- Auto Detection of Log Camera Formats and Raw Media
- The Color Adjustment Workflow
- Using the Lumetri Color Panel
- AI Auto Color
- Applying Multiple Instances of Lumetri Color
- Working with Secondary Color Correction
- Editing Source Footage vs Clip Instances
- AI Using Comparison View for Color Match
- Using Lumetri Scopes
- Creating Lumetri Presets and LUT's
- Using Blending Modes for Color Correction

## LESSON 14: EXPLORING COMPOSITING TECHNIQUES

- Using Compositing in a Project
- Using Source Footage Transparency
- Working with the Opacity Fixed Effect
- Adjusting Alpha Channel Transparency
- Color Keying a Greenscreen Shot with Ultra Key
- Partially Masking Clips
- Using the Fixed Crop Effect

## LESSON 15: CREATING TITLES

- Title Basics
- Using the Type and Shape Tools
- AI Redesigned Shape Masks
- Using the Properties Panel for Creating and Editing
- Changing the Appearance of Text and Shapes
- Using Color Fonts, Emojis, and Gradients
- Creating Text Styles
- Creating Linked and Track Styles
- Using the Style Browser
- Aligning Objects
- Using Keyframing with the Properties Panel
- Adding Responsive Design Features
- Masking with Shapes and Text
- Adding Images and Video
- Creating Rolls and Crawls
- Creating Motion Graphics Templates

## LESSON 16: CREATING CAPTIONS

- AI Using Speech to Text
- AI Using the Text Panel to Transcribe Sequences
- Basics of Working with Captions
- Adding and Creating Captions
- Formatting Captions
- AI Generate Multilingual Captions with Translate Captions
- Downloading Language Packs
- Exporting Captions
- Check Spelling and Find and Replace

## LESSON 17: EXPORTING FRAMES, CLIPS, AND SEQUENCES

- Using the Quick Export Option
- Exporting Single Frames
- Exporting a Master Copy
- Understanding the Adobe Media Export Options
- AI Adding Content Credentials
- Working with Adobe Media Encoder
- Adjusting Export Settings in the Media Encoder
- Uploading to Social Media
- HDR Export
- Exchanging with Other Editing Applications