Quintic Software

Tutorial 1
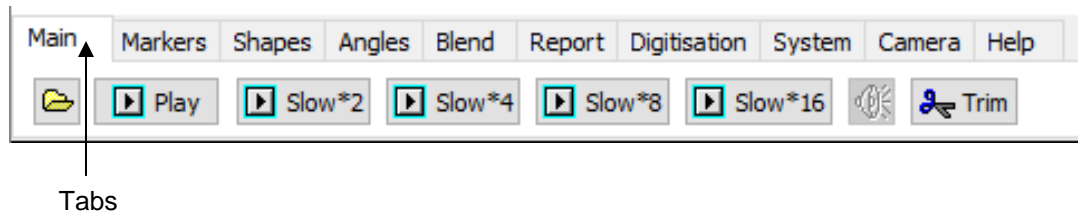
Getting Started

v35

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1. Playing a Video

Double click on the **'Quintic'** icon on your computer screen to launch the software.

Opening a Video File

Once you have opened Quintic you will see the main window where the videos are played.

Tabs

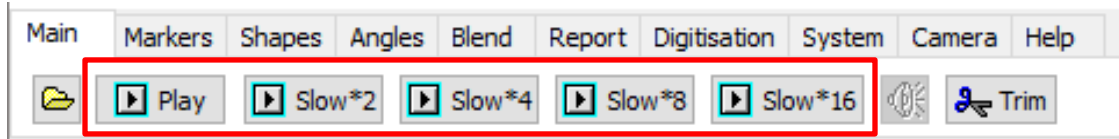The window should look like the above example regardless of which level of Quintic software you are using.

To use the tutorials, download the tutorial video files which can be found at https://www.quinticsports.com/quintic-tutorials/ and save them to your computer.

Open video files in the main window by clicking on the yellow folder button in the top left-hand corner under the **'Main'** tab.
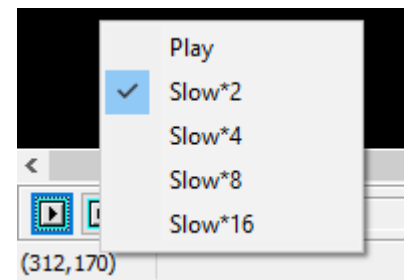
This will then open a new window, where you simply find the video you want to open by browsing the files on the PC.
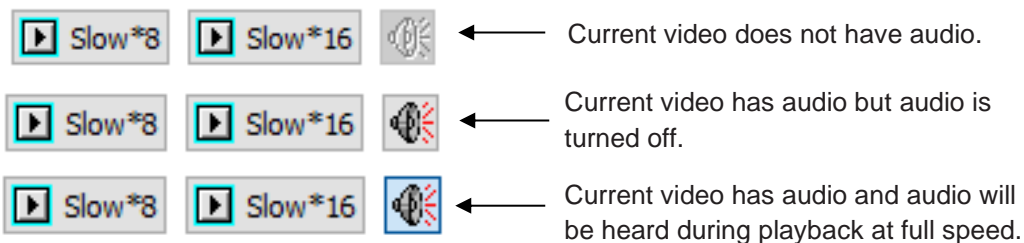
2. Play at Different Speeds

When a video is open within Quintic software, you are able to playback the video at different speeds. You can do this by pressing **'Play', 'Slow*2', 'Slow*4', Slow*8', 'Slow*16'.** When these buttons are pressed, the video will start playing from the beginning.

It is possible to change the playback speed of the video whilst the video is playing. Right click on the "Pause/Continue" button in the bottom left hand corner. A pop-up menu will appear with the choice of "Play", "Slow*2", "Slow*4", "Slow*8" and Slow*16". Now select the playback speed you require and the video playback speed will change without stopping the video.
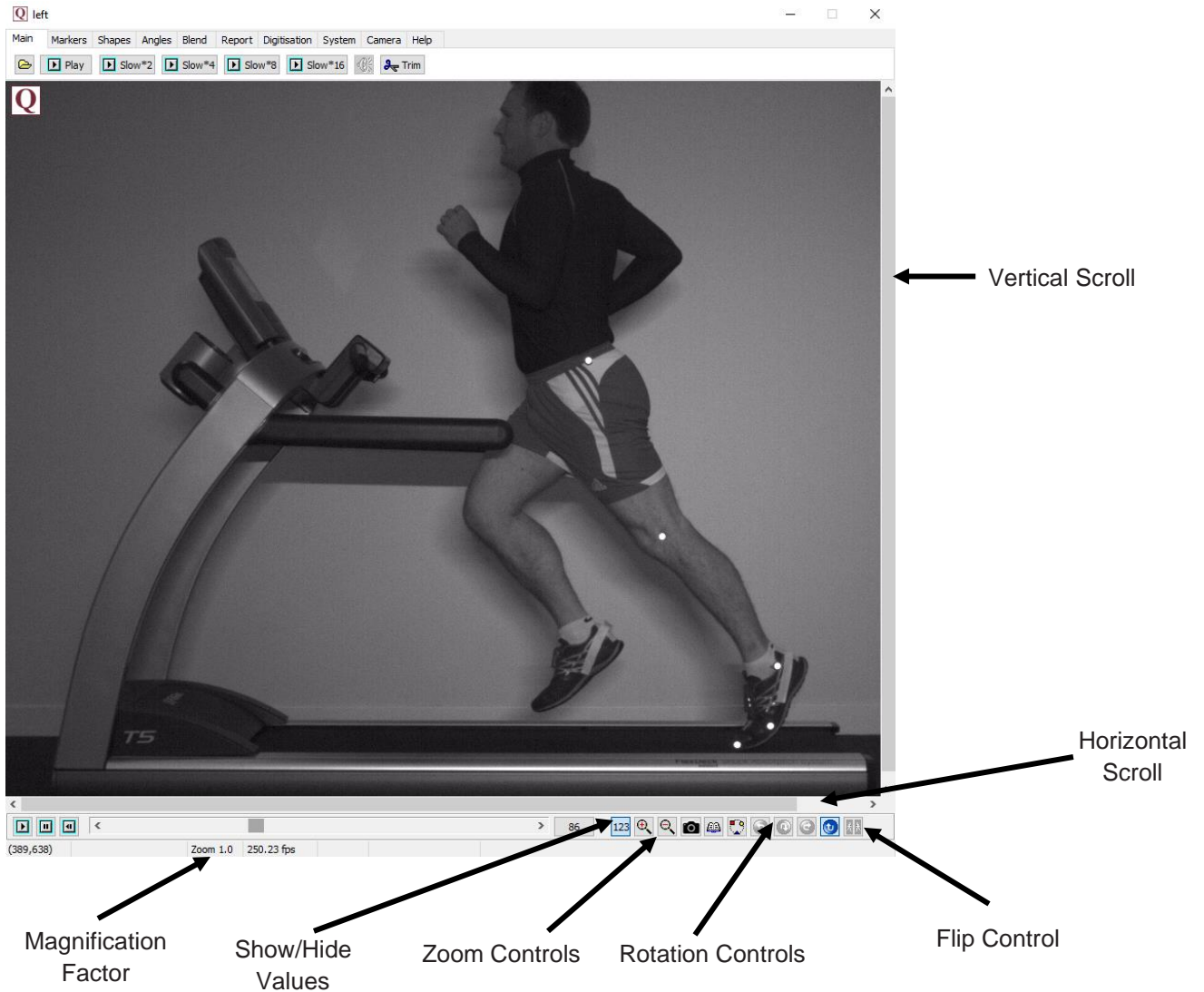

If a video has sound, the audio button will become live, allowing the video to be played with audio at full speed. To play the video with audio, click on the speaker button so it becomes selected:
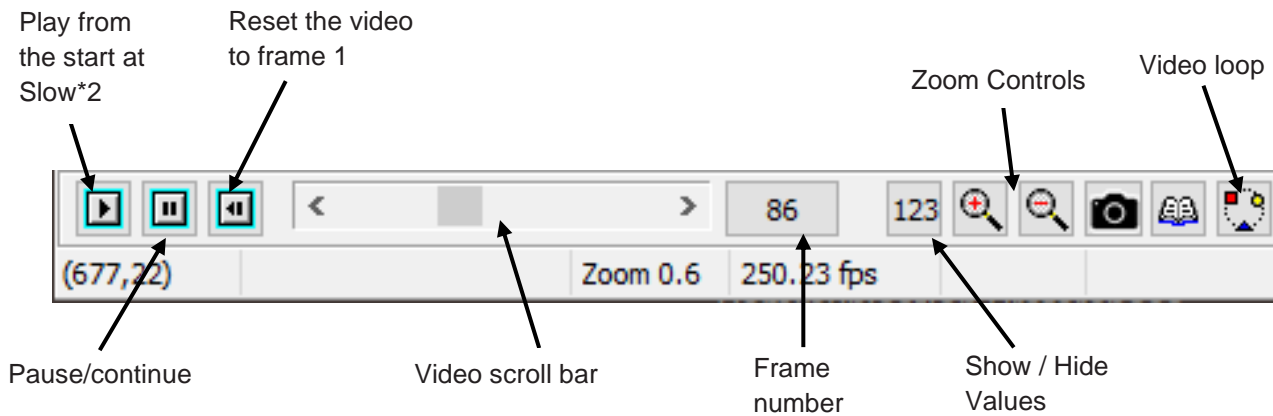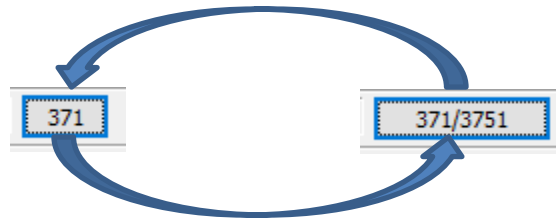

Current video does not have audio.

Current video has audio but audio is turned off.

Current video has audio and audio will be heard during playback at full speed.

3. Viewing Controls

At the bottom of the windows there are controls for viewing the video

Vertical Scroll

Horizontal Scroll

Magnification Factor
Show/Hide Values
Zoom Controls
Rotation Controls
Flip Control

NB: When the orientation of the image is altered, the origin (0,0) remains in the bottom left hand corner of the video.

Play from the start at Slow*2
Reset the video to frame 1
Zoom Controls
Video loop

Pause/continue
Video scroll bar
Frame number
Show / Hide Values

Experiment with these buttons. The frame number is displayed in the box next to the video scroll bar. Users can also see the current frame and the total frames for the video. This is activated by clicking the Frame Number next to the scrollbar. This allows the user to click between the current frame number and the current frame number/total frames of the video.
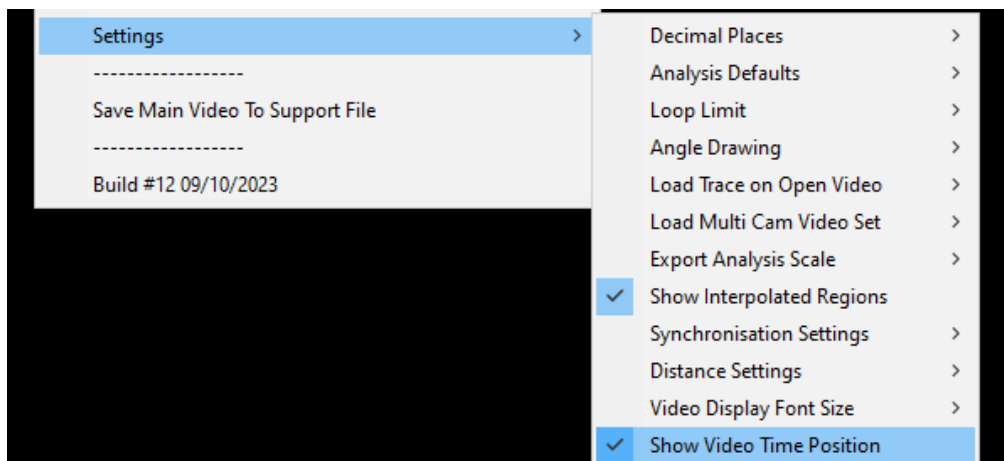

To move the video forwards or backwards, one frame at a time click on the scroll bar arrows.

If you click within the scroll bar, either side of the current frame position, this will either go forward 10 frames at a time (Right of the bar) or go backwards 10 frames at a time (Left of the bar).

The video can also be advanced by using the arrow keys on the keyboard. The right arrow key will move the video forwards one frame at a time, whilst the left arrow key will move the video backwards one frame at a time.

Users can show the current time and the total time for the video in seconds. To display the time readout, go to the Help Tab, then Help, then Settings. At the bottom of the settings menu, you will see 'Show Video Time Position.' Please click this on to show the Time readout or leave it unticked to hide the time readout.
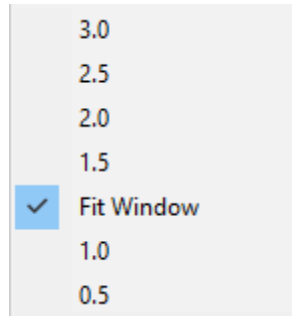

Once 'Show Video Time Position' is activated, the time readout will appear underneath the scrollbar
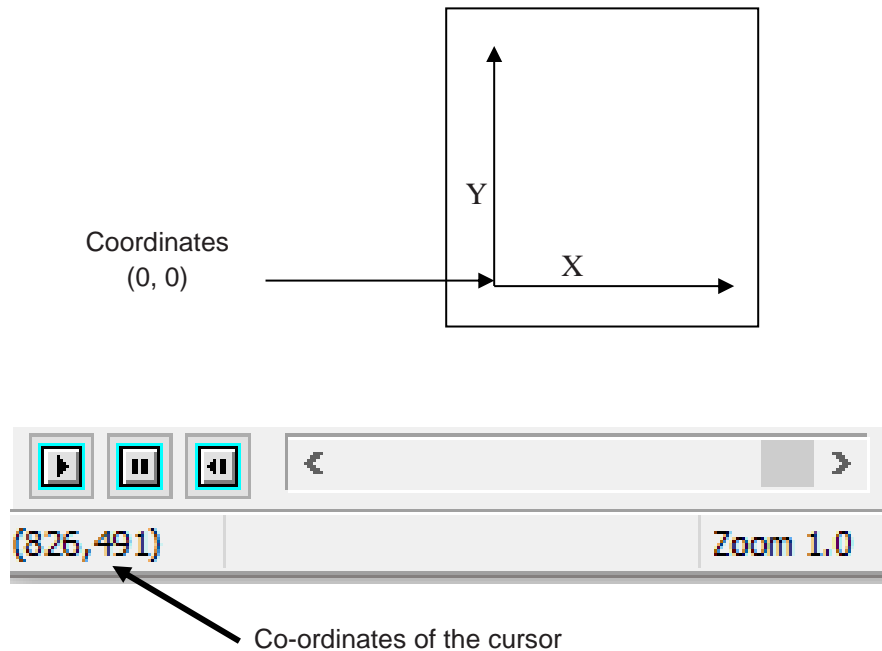
Users are also able to right click on the Zoom Controls.

This will bring up the following options. The user is then able to click their preferred Zoom level.

	3.0
	2.5
	2.0
	1.5
✓	Fit Window
	1.0
	0.5

As default, the software will be set to 'Fit Window.' This means the Quintic software will always fit the full video on the screen. If the window is scaled down/up, or more Quintic windows are opened, the video will automatically zoom accordingly.

4. Co-ordinates

When the cursor is moved around the screen, co-ordinates are displayed at the bottom left hand corner of the window. These co-ordinates tell you the exact position of the cursor in the X direction (left to right) and the Y direction (bottom to top).

Coordinates (0, 0)

Y

X

(826,491)   Zoom 1.0
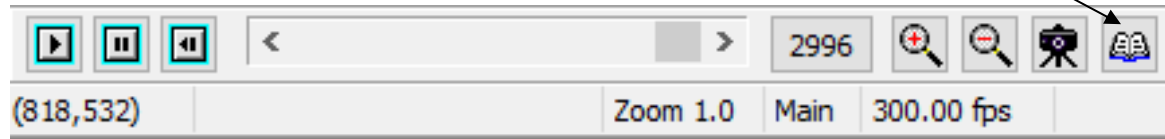
Co-ordinates of the cursor

This allows you to pinpoint the exact location of a point of interest displayed in Quintic e.g. Ball, Hip Joint, Shoulder Joint etc.

Should users be interested in creating their own custom origin point, please see Tutorial 7A (Section 3) for further information.
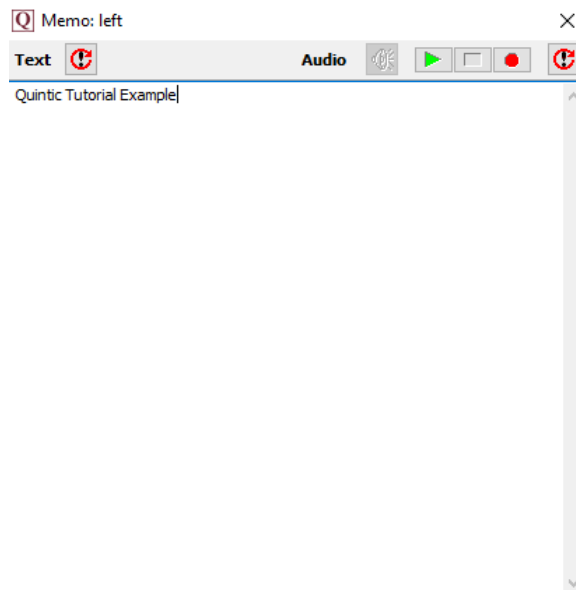
5. Memo Pad

The memo pad allows the coach or athlete to save audio or written notes about the performance to the video. These notes can then be recalled at a later date.

a. Text Memo

Open the memo pad by clicking on the 📖 button.

You can create a text document by writing inside the open memo pad window. The memo pad will automatically save once it is closed.

To remove the text from the Memo, simply press the reset button next to the where it says 'Text.' This will reset the memo to default.

b. Audio Memo

N.B. An internal or external microphone is needed for this function.

To produce an audio memo, open the memo pad by clicking on ▣ button.

Then click on ◀ to activate the audio memo buttons.

To start recording of the audio memo click on the ● button and speak into the microphone.
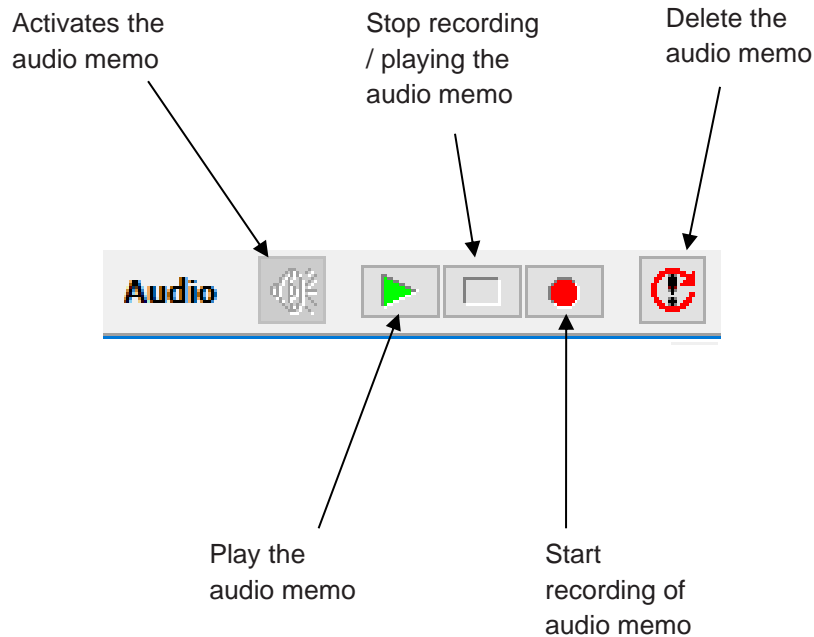
When you have finished recording the desired audio, click on the ■ button.

If you wish to resume recording click on the ● button. This will add any additional audio recording to the end of the previously saved recording.

To play the recorded audio memo click on the ▶ button to start playing the recorded audio. This will play the audio memo from the start each time.
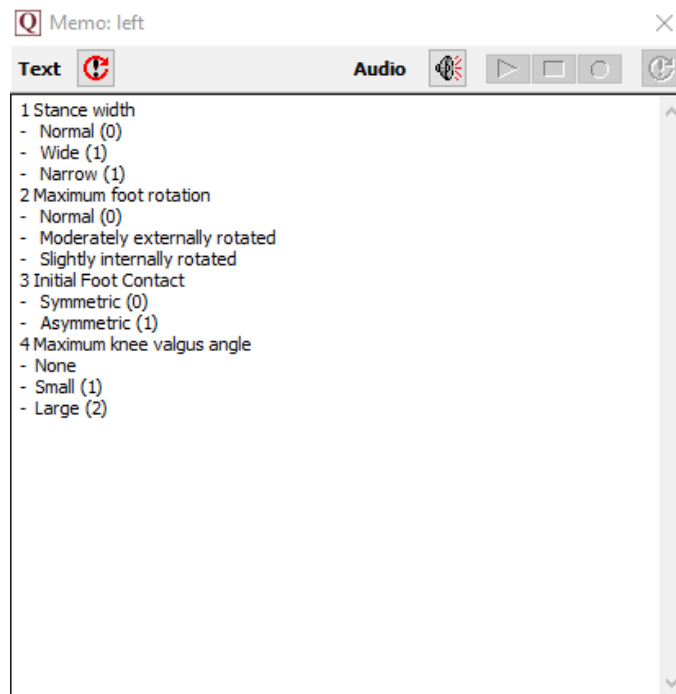
To stop playing the audio memo, click the ■ button.

The audio memo will automatically be saved once the record and stop buttons have been pressed.

Activates the
audio memo

Stop recording
/ playing the
audio memo

Delete the
audio memo

Play the
audio memo

Start
recording of
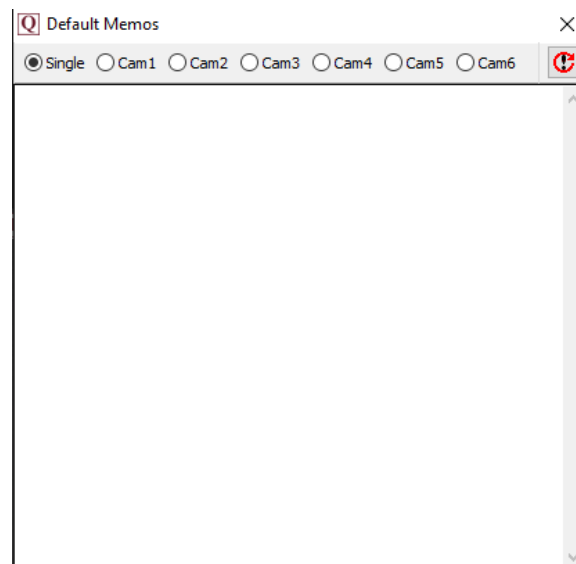audio memo

c. Default Memo Pad

Clients who want to use a consistent format for the information they record are able to create a set default in the memo pad.

To create your own Default memo pad, please click on the 'Default Memos' option within the Help menu. It is recommended that this should be done without a video being open within the software.

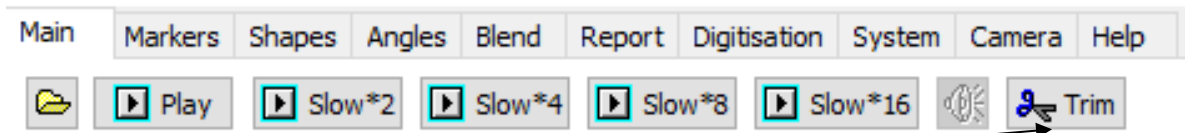Once clicked, this will bring up the Default Memos window

Simply type (or copy and paste in) your preferred default memo options. You are able to do this for a single video, as well as for each camera if opening a video from a multi-capture recording (i.e. Cam1, Cam2, Cam3, Cam4, Cam5, Cam6).
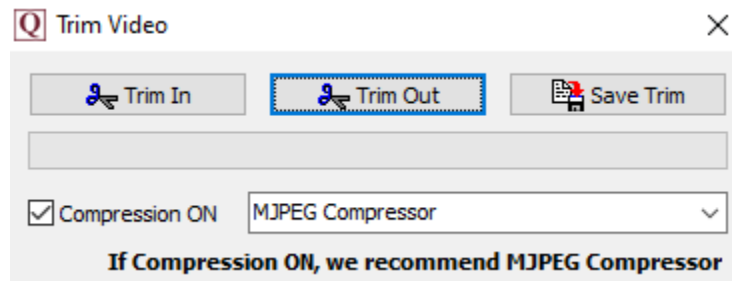
Once you are happy with your default memo, simply close the default memo window and this will be automatically saved. click the Save Button.

This button will reset to the default memo.

6. Trimming a video

Click "Trim" in the main Quintic window. This will bring up a pop-up window with options for choosing the length of the video to be trimmed. You are also able to select the video codec used to compress the video file when it is saved.

Scroll through the video to the frame that you want to begin the trimmed video from, and click "Trim In". The frame number you chose will now appear alongside "Trim In" on the button. Repeat this for the frame you want the video to end at.

If you wish to use compression when saving the video then tick the box labelled "Compression ON" and select the relevant codec from the drop-down menu to the right of the box. However, when using compression in the form of codecs, ensure you have enough frames either side of the movement you wish to analyse. This is because codecs can sometimes cause corruption of the first 3 – 4 frames. The video will can still be viewed, but data in the first few frames will be lost.