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# What's *what* PSPM

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# MASTERING VIDEO PRODUCTION: TECHNIQUES, TOOLS, AND THE CREATIVE PROCESS

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In today's fast-paced multimedia landscape, video production has become an essential tool for disseminating information, captivating audiences, and conveying impactful messages across a variety of platforms. Among all media formats, video content stands out due to its ability to integrate both visual and auditory elements, effectively grabbing and maintaining viewer attention more efficiently than many other mediums. This paper examines the fundamental methods of video production, including video capture techniques, hardware selection, and the complexities of editing using industry-standard software like Adobe Premiere Pro. Producing high-quality video requires a careful combination of creativity and technical skill, with each phase of production playing a crucial role in determining the effectiveness and overall quality of the final output.

## Understanding Video Production

At its core, video production involves capturing a sequence of still images and playing them back rapidly to create the illusion of motion. The standard frame rate for video content is typically 25 frames per second (fps) or higher, although this can vary by region. For instance, the PAL (Phase Alternating Line) standard, used in many parts of the world including Malaysia, operates at 25 fps, while the NTSC (National Television System Committee) standard used in the United States runs at 29.97 fps (Guan, L. (2017)). A strong understanding of frame rates is crucial for ensuring the smoothness of motion and the overall visual quality of the final product.

One of the first and most important decisions in video production is the selection of a video capture device, as this choice has a significant impact on the outcome. There are a variety of options available, including traditional video cameras, DSLR cameras, and even smartphones, which cater to different levels of production complexity and budgetary considerations. Modern mirrorless cameras, such as the Sony A7RIV, are equipped with advanced video recording capabilities that can rival those of professional-grade video cameras. Meanwhile, today's smartphones come equipped with high-definition cameras capable of producing footage of exceptional quality, making them a viable option for both amateur and professional videographers alike. The choice of device depends largely on the project's budget, objectives, and the desired quality of the final output (Takemura, 2019).

## Phases of Video Production

Video production is a complex process that can be broken down into three main phases: pre-production, production, and post-production. Each phase plays a critical role in transforming a concept into a polished, engaging final product.

## Pre-Production

Pre-production is the most critical phase of video production because it lays the foundation for everything that follows. During this stage, the concept of the video is developed, and careful planning is undertaken to ensure a smooth production process. Pre-production involves defining the video's purpose, identifying the target audience, and determining the overarching message to be conveyed. For example, when creating a video to introduce Universiti Teknologi MARA (UiTM) to international students, the producer must determine how best to showcase key aspects of the university, such as campus facilities, academic programs, and student experiences.

Once the video's objective is clear, the next step is to conceptualise the look and feel of the production. Decisions must be made regarding the video's format—whether it will consist of a campus tour, interviews, or a montage of everyday scenes. This stage also involves the development of a script and storyboard, both of which serve as essential guides during filming. Additionally, pre-production requires organising all necessary equipment, such as cameras, lighting, and audio devices, while also determining the budget and project timeline.

## Production

The production phase is where the video is filmed, and the creative vision comes to life through careful technical execution. Choosing the appropriate video codec and resolution is crucial, as these elements directly affect the quality and size of the final product. A codec is an algorithm used to compress video data, balancing file size with visual quality. Common codecs include H.264 (widely used on platforms such as YouTube) and VP9 (preferred by platforms like Facebook and Instagram). Video resolution, measured by the number of pixels per frame, ranges from 1080p (Full HD) to 4K and even 8K, with higher resolutions providing sharper images but requiring more storage and processing power.

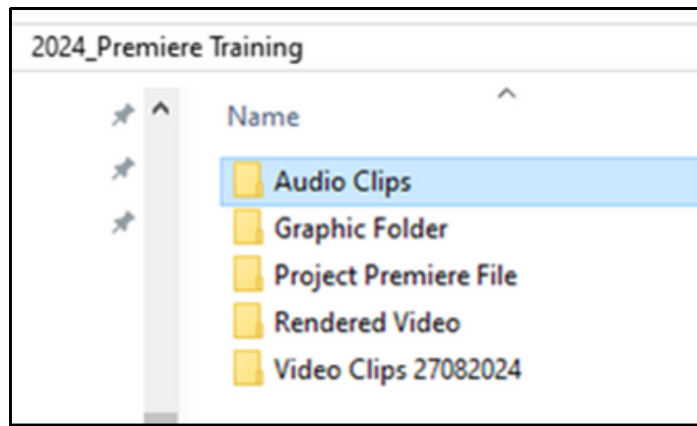
Lighting is another key component of the production phase. Proper lighting enhances the overall visual quality of a video by ensuring that subjects are well-illuminated. A typical lighting setup includes a key light (the primary source of illumination), a fill light (used to soften shadows), and a backlight (which helps create depth by separating the subject from the background). These elements work together to establish the desired mood and visual appeal of the video.

Camera techniques are also essential to the storytelling aspect of a video. By varying shot compositions (such as wide, medium, and close-up) and utilizing dynamic camera movements (such as panning, tilting, and tracking), filmmakers can add depth and visual interest to their narratives. For example, a wide shot may be used to establish a setting, while close-ups are used to emphasize important details, creating a more immersive viewing experience. Equally important is the quality of the audio. While built-in camera microphones can capture sound, external microphones such as lavalier or shotgun mics typically offer clearer, more precise audio quality.

## Post-Production

Post-production is the final phase of video production, where the raw footage is transformed into a cohesive and polished final product. This is where video editing software such as Adobe Premiere Pro becomes crucial. Premiere Pro offers a wide range of tools that allow editors to organize, trim, and sequence clips, as well as apply effects, transitions, and color corrections.

The first step in post-production is to organize all media files—including video clips, audio tracks, and graphics—into a coherent folder structure as shown in Figure 1. For example, creating a main folder labeled "2024\_Premiere Training" with subfolders for different types of media can streamline the editing process. Once the assets are organized, they are imported into Adobe Premiere Pro, where the actual editing begins. Figure 2 shows the Premiere Pro's interface features that contains several key sections, including the timeline (for arranging and editing clips), the project panel (for managing assets), and the effects panel (for applying transitions and filters).



Key editing techniques include trimming clips to remove unnecessary content, applying transitions to create smooth scene changes, and performing color correction. Adobe Premiere Pro's Lumetri Color panel allows editors to adjust brightness, contrast, and color balance to ensure visual consistency throughout the video. Audio editing is equally important at this stage, as sound effects, dialogue, and background music must be synchronized with the video to enhance the overall experience (Vaughan, T.2014)

Once the editing process is complete, the video is exported in a format suitable for the intended platform. Each platform—whether it be YouTube, Instagram, or Vimeo—has a specific requirement

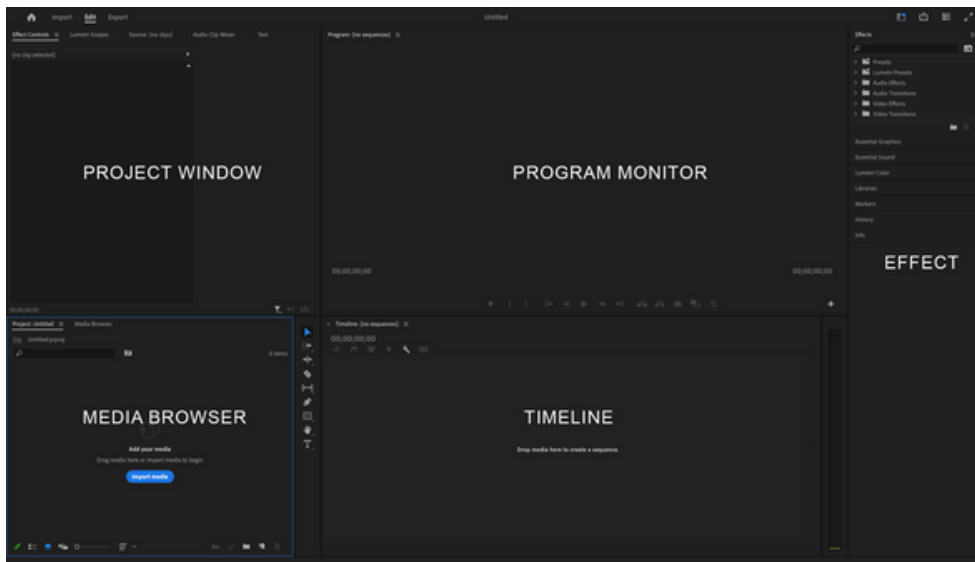


Figure 2: The Adobe Premiere Interface

## Conclusion

Video production is a multifaceted and rewarding creative process that blends artistic expression with technical precision. From pre-production planning to capturing footage and finalizing the edit in post-production, each phase is essential to the creation of a high-quality video. Mastering the various elements of video production—including camera techniques, lighting setups, and video codecs, along with proficiency in editing software like Adobe Premiere Pro—enables creators to effectively convey their messages and leave a lasting impact on their audience. By refining these skills, video producers can harness the power of video to communicate in dynamic and engaging ways.

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