# FLV video specification for Course Builder

Settings are usually consistent between different encoding applications but references to settings in this document relate to Adobe Media Encoder CS4 and CS5.5 included in the Adobe Creative Suite packages.

### File size:

Max total file size is 30MB.

### Bit rate:

Max total bit rate (video and audio combined) is 600,000bps / 600kbps

### Format:

Format should be set to ‘FLV’ (On2 VP6, Sorenson Spark codecs)

### Audio:

Audio is optional but if included it should be compressed as MPEG Layer III (MP3). In the Media Encoder this is an automatic setting, in other applications this may have to be explicitly selected from other formats.

A variety of bit rates can be used depending on preference between size <-> quality. Keep in mind that total bit rate (including video) must be below 600kbps.

Mono or stereo both supported. Mono recommended unless stereo explicitly required. Mono also saves on the file size compared to stereo.

### Video:

**Alpha channel** is optional; don’t enable the alpha channel unless you intentionally want transparent areas in the video.

The **width and height** of the video should match the final intended size as closely as possible when used in a screen. You can manually scale the video in Course Builder later but avoid creating unnecessarily big videos from a performance and bit rate perspective.

**Frame rate** can usually be left at original frame rate which is usually somewhere between 25fps and 30fps for most videos shot with cameras. In certain cases a lower frame rate can be desirable if there is not much motion in the video. A lower frame rate will produce smaller file size. Be careful when reducing frame rate on a video with embedded audio as it might cause the audio to drift out of sync.

**Constant / Variable bit rate** can both be used as long as overall bit rate (including audio) is kept under 600kbps.