Recommended Video Formats and Settings

Acceptable File Formats

Video recordings may be submitted in the following file formats:

asf, qt, mov, mpg, mpeg, avi, wmv, mp4, m4v

Recommended File Formats

Please refer to your video camera's user manual or specifications to determine the video format recording options.

Use of a digital camera or video camera that supports the following is recommended:

Video File Type	Common File Extensions	Video Codecs	Media Player Support*
AVI – Audio Visual Interleave	.avi	wide variety; DivX, MJPEG are common	Supported by variety of media players including Windows Media Player
QuickTime Content	.qt, .mov	H.264	QuickTime
MPEG-4	.mp4	MPEG-4 AVC/H.264 or MPEG-4 ASP	QuickTime, Windows Media Player
WMV – Windows Media Video	.wmv	WMV	Windows Media Player
* These video formats are supported by a number of media players. Only the more common players are listed here for reference.			

Recommended Media Format

Because it is best to upload video in its original format, the recording settings should match the recommended format and resolution. This way the digital file created when you record will meet the suggested specifications without any additional effort or conversion on your part.

- **Bitrate:** To ensure your video meets the file size requirements, we recommend a video bitrate of 256Kbps. Candidates seeking to increase the visual quality of their video clips may use higher bitrate settings, but please be aware that this will result in a larger file which may exceed the file size requirement or be more difficult to upload.

- **File Size:** The target file size is 200–300 MB or less.

  Note: Each portfolio system may have additional constraints or requirements regarding video formats and file sizes. You may need to use video tools to compress or transcode your video into smaller file sizes to facilitate uploading of the video. The Pearson ePortfolio System file size limit is 500 MB.

- **Resolution:** To achieve the target file size, be sure to set the proper resolution before you start recording. Commonly used lower resolutions like "320 x 240" and "640 x 480" will yield the best results. Higher resolutions and "HD quality" will produce file sizes too large to be conveniently uploaded, and should be avoided.

- **Frame Rotation:** We recommend shooting video in landscape aspect ratio.

- **Frame Rate:** We recommend shooting in or encoding to 24 (23.98), 25, or 30 (29.97) fps. 30 fps is common.

- **Pixels:** Non-square (anamorphic) pixels are handled automatically.

- **Deinterlace:** Interlaced videos are handled automatically.

- **Keyframes:** Keyframes can be set to automatic on device.

Cameras with Multiple Microphones

Videos created by a consumer-grade camera with two or more connected microphones should generally produce an acceptable video. However, candidates must ensure that their final video file contains only a single audio track.

If multiple audio tracks were created when shooting the video:

1. Use a video editing tool to produce a new video with a single audio track. The video submitted must contain a continuous, uninterrupted clip from the learning segment documented for edTPA.

2. Play the video immediately after saving it with a single audio track and before uploading it to make sure it plays as intended.

3. Upload (or transfer, for candidates using Integrated Platform Provider Systems) the video to the Pearson ePortfolio system and before submitting for scoring, play the entire video to ensure that the video plays as intended with a single audio track that can be clearly heard by a scorer.

About Video Captioning

Video captioning may be used as a method to provide a transcript of portions of audio track that may be difficult to hear or understand. This applies to all content areas.

As with written transcripts, the use of video captioning is permitted only to clarify for a scorer what is being said in the video recording and cannot be used to enhance the video recording with additional content.

Please refer to your handbook for specific instructions on the use of transcripts or video captions in your portfolio submission.