The Sport and Exercise Scientist

The publication of the Chartered Association of Sport and Exercise Sciences



DIGITAL FORMAT

VIDEO SUBMISSION GUIDELINES

Guidelines on supplying video content for *The Sport and Exercise Scientist* digital publication.



VIDEO SUBMISSION GUIDELINES

SUPPLYING VIDEO FILES FOR THE DIGITAL EDITION OF *THE SPORT AND EXERCISE SCIENTIST*

To ensure seamless integration of video content into our digital publications, please adhere to the following guidelines when submitting your videos:

FILE FORMAT

Please provide the videos in widely accepted file formats compatible with ePub/eBook standards. The preferred format is MP4 file (H.264) and cropped/edited down to the dimensions and duration that are intended for use in the publication.

RESOLUTION AND ASPECT RATIO

Aimfor a resolution of at least720p (1280x720 pixels) to guarantee a high-quality viewing experience across various devices. Maintain an aspect ratio of 16:9 for widescreen displays.

FILE SIZE OPTIMISATION

Optimise file sizes while preserving video quality. Balancing quality and size ensures efficient loading and smooth playback on different devices.

DURATION CONSIDERATION

Keep video duration in mind, aiming for concise content typically under 5 minutes. Shorter videos tend to be more engaging and suitable for eBook formats.

Videos over 5 minutes long: Upload the video to a service such as YouTube or Vimeo. The benefit to using these services is that they take advantage of adaptive bitrate streaming, so they serve a version of your video at the quality that the end user's device can handle. Services such as YouTube and Vimeo support uploading a variety of video file formats:

Supported YouTube file formats

Vimeo - Prepare to upload - Acceptable file formats

CODEC AND COMPRESSION

Utilise standard video codecs like H.264 for compatibility and efficient compression. Avoid proprietary codecs that may limit playback compatibility.

AUDIO CLARITY

Ensure clear audio synchronised with the visuals. Use high-quality MP3 audio format, minimising background noise or distortion.

Backup audio formats include:
OGG
WAV

ACCESSIBILITY FEATURES

Captions or subtitles for accessibility must be embedded.

RELEVANCE TO CONTENT

Submit videos that complement the eBook content, enhancing reader understanding and engagement. Avoid irrelevant or distracting video content.

LICENSING AND PERMISSIONS

Confirm that you hold the necessary rights or permissions for all video content. Obtain consent or licences for any copyrighted material used in the videos.

TESTING

Test the videos on various devices and software and ensure smooth playback and compatibility. Address any issues before submitting the video.

SUBMISSION INSTRUCTIONS

Follow the provided instructions for submitting the videos.

Preferred File Transfer Services:

WeTransfer: WeTransfer allows you to send files up to 2GB for free (up to 20GB with a Plus account).

Google Drive, Dropbox, or OneDrive: These cloud storage services allow you to upload large files and share them with others via a shareable link.

NAMING CONVENTIONS

Author or Article-based Naming:
[Author][Article Name][DD-MM-YYYY][extension]
Example: Author A_Article Title_01-05-2024.mp4

METADATA INCLUSION

Metadata inclusion refers to embedding additional information or data within a video file. Metadata provides details about the video content, such as its title, description, authorship, creation date, copyright information, and other relevant information.

BACKUP AND ARCHIVING

Please keep back up copies of all submitted videos in a secure location. Retain the original source files and documentation for future updates or revisions.

Your adherence to these guidelines will facilitate the seamless integration of video content into our digital publications, enhancing the overall reading experience for the TSES audience.

FOR FURTHER INFORMATION

Please email CASES' Marketing and Communications Manager.
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www.cases.org.uk