## Comments on David's rough cuts

## Elizabeth's comments

Timecode	Comment
Opening	In general, for b-roll with music, you can remove the original audio from the footage
0:16-0:20	Be careful with the pauses in your sentences, they come at slightly unnatural places. Can get around this by either reshooting, or by zooming (although this might not work here since you'd be zooming in and out too many times). Maybe b-roll of you shivering?
0:21	Take out music (duck out before you get here)
0:30	Cut to next shot here
0:31	Trim beginning of this clip so it's closer to when you start talking. Background is kind of random/arbitrary here, and doesn't make a whole lot of sense because you haven't talked about the biology of Wim Hof yet. A still, centered shot of you asking this question would probably be a stronger choice. Maybe back at the hotel in your running clothes?
0:36-0:52	This is the hardest part of your video to understand, because you're slurring the words together like Jaime was talking about. This location isn't necessarily super vital, either. Could try this in the hotel as well?
0:52	Your delivery is much better here, though you might want to keep same background as previous section if you reshoot
0:58	Music is way too loud compared to your voice, which is fairly soft-spoken. Bump up your audio and/or bump down music
0:58-1:20	Play with more b-roll here (the fire shot is a little distracting), especially to hide pauses like the one you have at 1:14
1:21	Cut to next shot earlier
1:24	Text "g-tummo"
1:30	This music is a little distracting try another song, or at least bring the volume way down
1:35	Cut to close up of you breathing here
1:40-1:55	Same issues as 0:36-0:52
1:55	Same issues as 0:52, might want to add b-roll of brain, organ systems, etc.
2:05	Music volume comes up here too loud
2:10	Pause is a bit too long, cut out and cut to close up
ending	You talk too fast here also, cut at the end a little sooner

## Ceri's comments

Timecode	Comment
0:21	I would probably fade out the intro audio and into something else (or just silence?) to transition from goofy -> serious
0:29	I don't think you need the sped up walking off the screen?
0:36	B-roll over the part where you pick up the trash can (maybe if you can find multiple pictures of him - you can have this whole clip be voiceover?)
0:40-0:51	maybe try cropping in a bit to cut out the trash can? but make sure it doesn't look too similar to tne next scene
1:00	the music's a little loud. and a bit distracting, personally, because it makes me think of cheesy christmas adverts and not "okay, we're gonna talk genetics"
1:07-1:10	this would be a good place to show the fire for furnace but then something to connect it to mitochondria and making energy? right now I'm so distracted by the exploding boxes that I'm not paying attention to the science
1:10	maybe an animation or some text or pictures would be good here? to introduce/solidify new vocab
1:32	music gets a little loud/distracting again since you're talking about meditation I was expecting something calming instead of this upbeat?
2:25	cut the ending here and transition into credits or fade to black
2:29	I think your audio track is longer than your video track which leaves this awkward black space

## PJ's comments

Timecode	Comment
0:00	I think music in the same theme may be better.
0:12	A clean transition instead of fade to black might work better.
0:23	Lower volume of music and keep voice audio same dB level.
0:32	It looks like you sped up the first step into the frame. Maybe keep it 100% speed or just cut to you in the frame.
0:37	I'd get rid of trash can. It doesn't make sense to me or redo some audio to elucidate it.
0:45	I like the picture!
0:52	Change angle a little more or choose new setting.
0:57	If you do audio, I agree that this is a good part to change the song.
0:57	Just lower volume a little.
1:11	I like the video you put in there Maybe you should qualify the science part with a video/animation that shows what mitochondria do.
1:43	I think this part should be louder, it is an important part of the video maybe no music.
1:54	Maybe consider a different angle like comment 8.
2:30ish to end	I think the ending is good, maybe do a roll credits to let the song finish out, make audio a little louder to drive point home.

20.219 Becoming the Next Bill Nye: Writing and Hosting the Educational Show January IAP 2015

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