Filming Video With A GoPro

Basic GoPro User Guide
Filming Video With A GoPro

How to connect the battery & micro SD card

1. Firstly, see if the battery and Micro SD Card are connected. By flipping the GoPro over, showing the bottom of the device.

2. Press firmly and slide the bottom open, pushing away from the GoPro. The flap is connected by a hinge, it just flips open.

3. Notice the large empty space for the Battery and a very small slot for the Micro SD card.

4. Slide and slot the Battery in with tab pointed out. Slide and press in the Micro SD Card, carefully.

5. With the small thumb grove of the Micro SD Card pointed up towards the Battery, like so.

6. Lastly, drop the hinge flap back down. Press firmly and slide the panel back into position, you should hear a small click.

David Linsell: Moving Image Specialist, Winchester School Of Art (WSA) 2020
How to turn on the GoPro

1. The front of the GoPro, has a lens and a small screen.

2. On the side you will find a small button with the word mode and a power sign. This is the ON button. Press and hold until the GoPro makes a beeping sound.

3. The back of the GoPro is a display screen, which is also a touch screen, used to set Settings and Options.

4. The small screen on the front of the GoPro. Will also display icons, to represent Settings and Modes that you set using the touch screen.
Filming Video With A GoPro

Video Mode Settings

Referring to the touch screen on the back of the GoPro. The diagram below shows the display options and buttons.

You can change Modes, by swiping left or right on the screen. There are 3 types of Modes to choose from. See the chart below.

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<th>Mode</th>
<th>Description</th>
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<td>VIDEO</td>
<td>Video mode allows you to record videos</td>
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<td>Photo Mode allows you to take photos</td>
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<td>TIME-LAPSE</td>
<td>Time-lapse Mode allows you to capture burst of photos over a period of time</td>
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How to change the Video Settings

Swiping up or down on the display screen, will cycle through the GoPro’s Preferences and Viewing Gallery.

Settings can be found at the bottom of the Display Screen, in any Mode. The Settings Button will show your current settings.

Tapping the Settings Button will give you a vast array of options for the mode you have selected.

As a rule of thumb, We suggest for video to use.

RES - 1080 or 720
FPS - 30
FOV - L (Linear) or W (Wide) @16:9

Most of the settings have a small description of what they do. If ever you want to go back or exit settings, Find the back button on the top left of the screen.

Its a good idea to take note of these settings for later work, in Premiere or After Effects.

For more information regarding Aspect Ratio Resolution or FPS, Check out the Aspect Ratio Guide.

RES | FPS
4K | 60
Stabilization
Auto
EV Comp
0
ISO Max
400
RAW Audio
Off
FOV
Wide
Protune
On
White Balance
Auto
Sharpness
Low
Mics
Stereo
Low Light
Off
Shutter
Auto
ISO Min
100
Color
GoPro
PT Settings
Reset

4:3
16:9
When using Time-lapse or Photo Mode, you would also press the setting button at the bottom of the screen, in order to change options and settings for these modes. Again the options come with a small description and you can quite easily navigate and play with options.

The GoPro 7 is water-proof.

We suggest you use the Lens protector on the lens. Make sure all panels are secure and closed. Plus, use a frame for extra safety, before putting it into water.
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How to Record / Upload

Once you have set up the GoPro with your chosen Settings and Mode. To Record, simply press the red Record Button, found on the top of the GoPro. Press once to start recording and again to stop recording. This is also used to take photos and start a time-lapse.

To upload, turn off the GoPro and eject the Micro SD Card. By pressing down on the Micro first. It is spring loaded and will pop part way out, just pull it the rest of the way out.

Make sure this is not on lock when trying to upload.

Now using a SD adaptor (an empty SD card shell) Plug the Micro SD card into it. Be sure the SD adaptor is not locked.

You can now either use an SD card port on your computer. Or more than likely, an SD card reader.

To drag and drop your video files to a secure location on your desktop.
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How to charge the battery / TV Connection

1. On the side of the GoPro you will find a similar panel to the battery slot.

2. Press down firmly and slide open away from the GoPro. This panel is on a hinge, so once open, just flip it back.

3. This will reveal two connection ports.

   The HDMI Connection, for connecting to a monitor or TV, with the correct HDMI micro adapter cable.

   The Other is a USB Connection, used to connect to a computer, to charge the battery, while the battery is still inside the GoPro.