

## Lab 2: Dot Patterns in Videos

1. Open up QuickTime Player.
2. Choose File > New Movie Recording.
3. Record a movie of you moving.
  - a) Make sure that the motion is NOT toward or away from the camera - it should be side-to-side.
  - b) Make sure the camera is not moving - it should be sitting on a surface.
  - c) Do not go back and forth - go all in the same direction.
4. Close the recording and QuickTime will ask you to save it - save it on the desktop.
5. Follow the directions for putting dots on videos with Logger Pro (at [mrmont.com](http://mrmont.com) next to the link for these instructions.)  
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6. Once you have the dots on the video, take a screenshot of the video window with the dots (command-shift-4).
7. Insert the screenshot into whatever program you prefer to use.
8. Tell what kinds of motion you see - constant speed, speeding up, and/or slowing down.
9. For each kind of motion, tell whether a force was required or not.