

#### Compression Method Pop-Up Menu

Lets you select the compression method you want for the conversion.

#### Video Format Pop-Up Menu

Appears when you select Uncompressed as the compression method. You use this menu to specify the image depth of the converted QuickTime file. If you select the 8-bit video format, the converted QuickTime file uses a color palette to hold color definitions. If you select 16-bit or 24-bit, the converted file stores true-color information.

#### Settings Button

Appears when you select Compressed as the compression method. Selecting this button displays the Compression Settings dialog box.

#### Frame Rate

Specifies the number of frames in each second of the video sequence for the converted file. To change the frame rate, click the up or down arrow next to the Frame Rate box.