

### Compressor

The first pop-up menu lists all the available compressors. The second pop-up menu lists all the video depths available for the compressor you have chosen. **WARNING:** You must select an IBM-compatible compressor.

### Quality

Use this slider to change the image quality of the converted movie file. Hold down the option key to change the motion quality.

### Frame Rate

This option sets the number of frames per second for the converted movie.

### Key Frames

A key frame is a frame that doesn't depend on previous frames to be drawn. Higher values for this option make the converted file smaller, but performance during seeks may be affected.

### Data Rate

Some compressors allow you to specify the converted file's data rate. Try 90K bytes/second for CD-ROM movies.