Import footage into After Effect Project

Select all the clips that were just imported

Select one of the clips and right click it and select >Interpret Footage>Main

Change the Separate Fields to Upper Field First and then click on Guess 3:2 Pulldown

Click OK to apply the 3:2 pulldown
Select all clips and add to Render Queue

Set the output module to Quicktime AVID DNXHD 23.976 175 8bit

Click Render to start the render