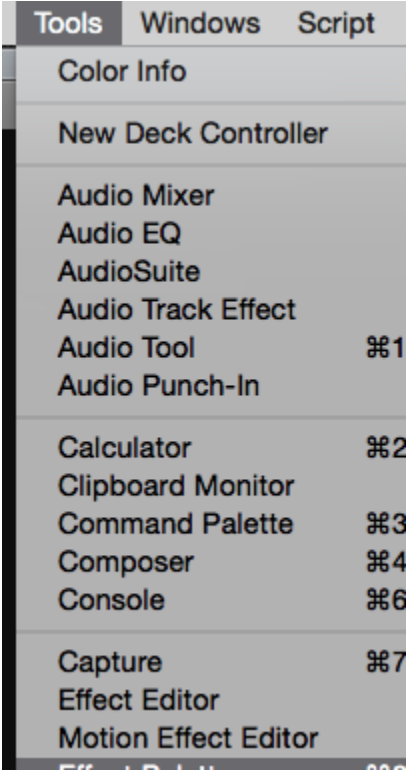


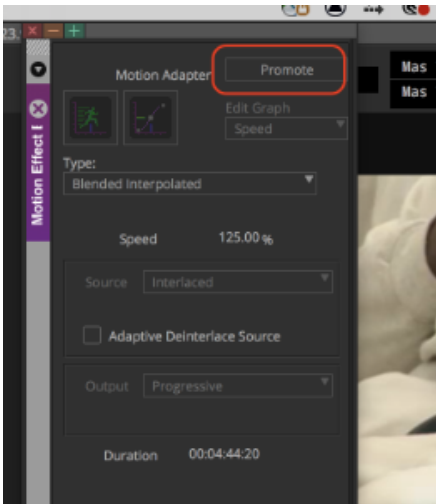
AVID - Motion Effect Change a clips playback frame rate

This is how to change a clips playback frame rate from 25 frames per second to 23.976 (projects frame rate) – This assumes that you have a 23.976 project.

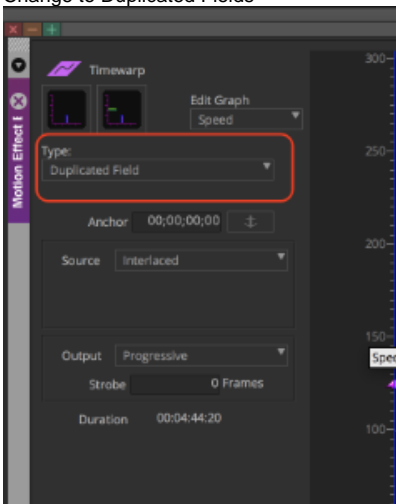
Go to the Animation clip and look at the motion
Go to Tools>Motion Effect Editor



click on Promote



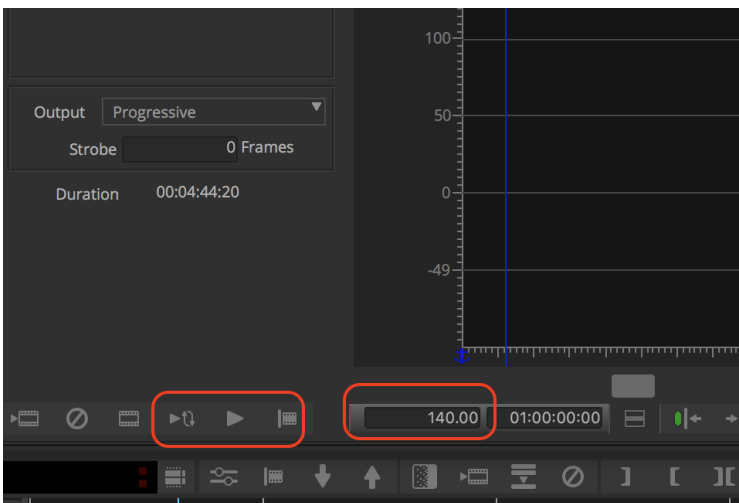
Change to Duplicated Fields



Then you can change the fps here in this window

To make faster put in an amount higher than 100 percent ex: 140 percent will make the footage faster

Hit the play button to see the effect on the footage

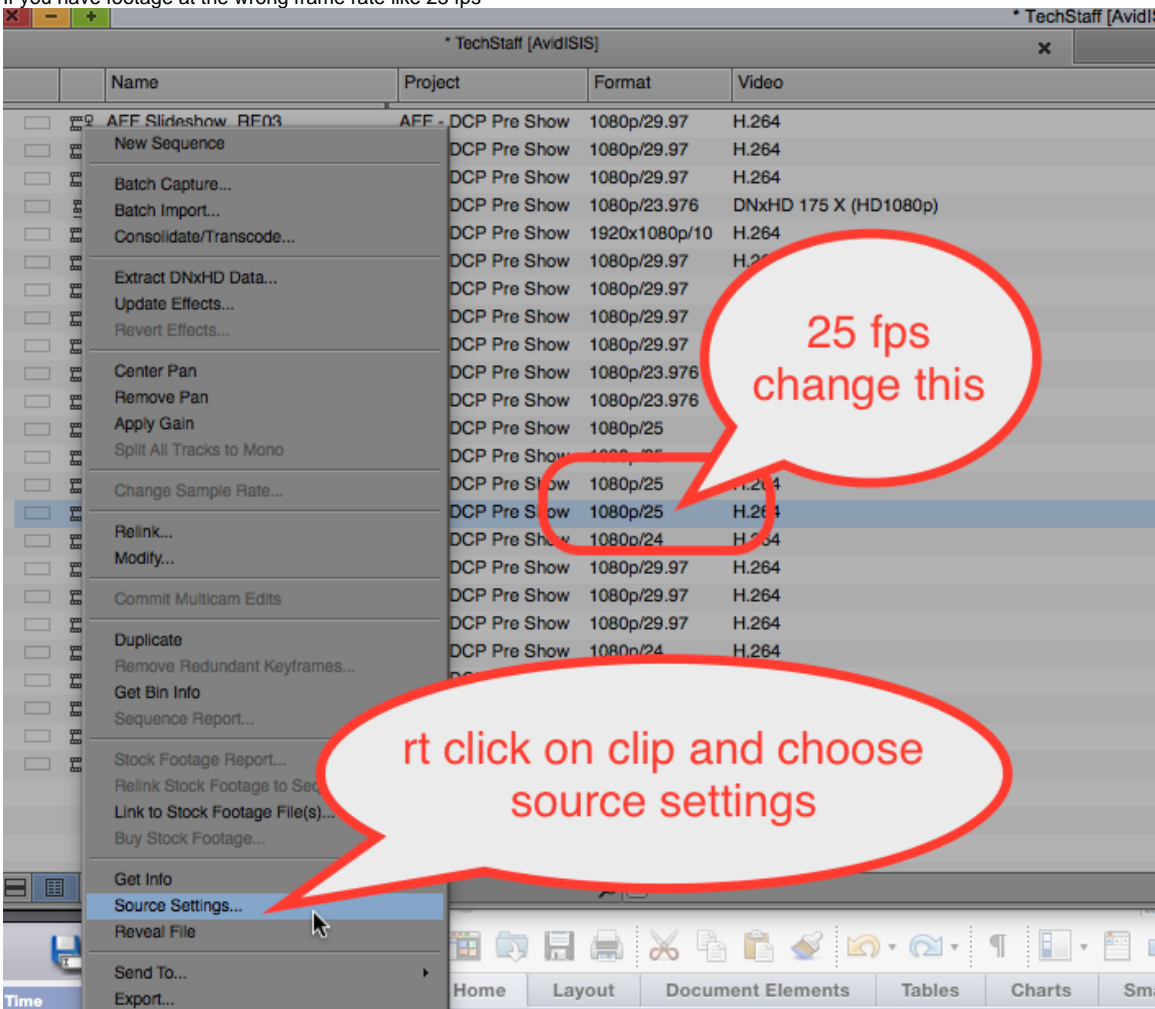


Or to make slower put in an amount lower than 100 percent ex: 50 percent will make the footage slower

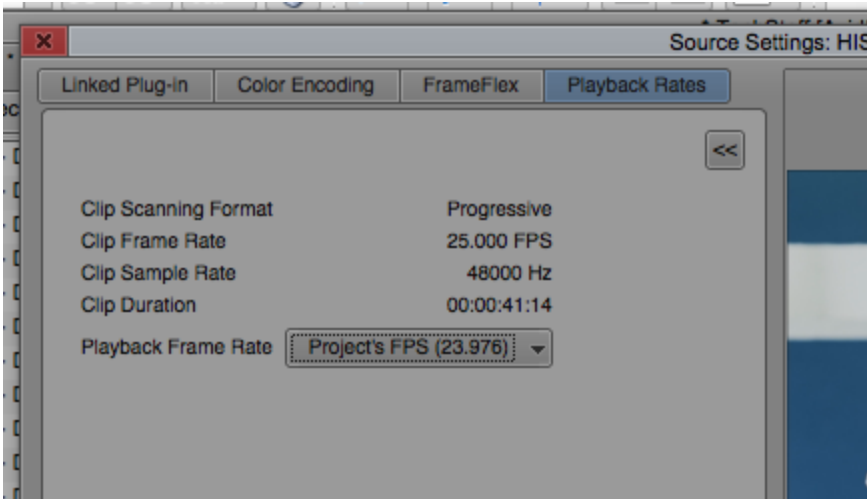


Next if you just want to change the frame rate to make 60 FPS footage 23.976 to slow it down.

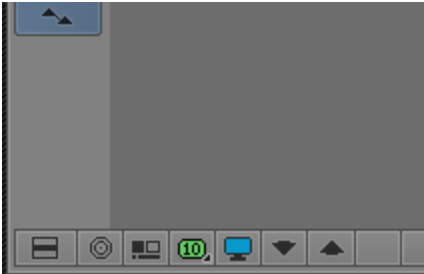
If you have footage at the wrong frame rate like 25 fps



go to playback frame rate change to projects fps 23.976



Render at 10 bit



turn up the render settings