



Ministry of cooperatives
Labour and Social Welfare



Iran Technical and Vocational
Training Organization

Deputy of training
Plan and curriculums office

Competency Training standard

Title

After Effects Jumpstart: zero to HERO

Occupational Group

INFORMATION TECHNOLOGY (IT)

*Iran Technical and Vocational
Training Organization*

International code

2513-53-141-1

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Member of Specialized commission IT Curriculum development:

- **Ali Mosavi: Director Manager of Iran TVTO Curriculum Development Office**
- **Cirrus Soltani nejad(Head of the General Department of Vocational Hormozgan)**
- **Ramak Farahabad(Deputy for Planning and Training)**
- **Golzar nazari gazic(Vice Minister of the General Administration of professional technical and Hormozgan)**
- **fatemeh taheri (Expert technical and vocational education, the Department of Hormozgan)**
- **Asma Karimi: Director of Information Technology Training Center in Bandar Abbas**
- **mohamamd reza kanjeh moradi: Director Manager of Iran TVTO Curriculum Development Office**
- **Shahram Shokofian: Manager of Iran TVTO IT Curriculum Development**

Cooperator Specialized organizations for compiling the training standard :

- Hormozgan Technical and Vocational Training Organization
- Iran Information Technology Development University
- IT Training Centre in Bandar Abbas

Revision Process:

- **Scientific content**
- **According to market**
- **Equipment**
- **Tools**

Plan & Curriculum Office

97, nosrat avenue –Tehran, Iran

Tel:+98-21-66569900-9

Fax: +98-21-66944117

E-mail: Barnamehdarci@yahoo.com

	Name & family name	Academic document	Field	Job & post	Relevant experiences	Add & Tel & Email
1	Fatemeh Vakili	B. SC	Software engineer	Computer Coach	Technical and Vocational Training Organization	Hormozgan 09391724144
2	Abdolreza Yousefi	B.S	Business Management	Manager	Kharazmi Institute Jahan Danesh Kharazmi CO.	Hormozgan 09176798363 ykhazmi@yahoo.com
3	Ezat Heiat Hossinian	M.SC	Software engineer	Manager	Kharazmi Institute Jahan Danesh Kharazmi CO.	Hormozgan 09179542551 e-hoossini@kharazmi-ir.com
4	Parsa Yousefi	Diploma	Network Engineer	Technical Engineer	Kharazmi Institute Jahan Danesh Kharazmi CO	Hormozgan P.yousefi97@gmail.com
5	Esmat lashkari bandari poor	B. SC	Software engineer	Trainer	5year	Post Box NO : 7916853689, Bandarabbass , Iran
6						
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Definitions:

Job standard:

The characteristics ' required competencies and abilities for Efficient Performance in work environment is called "the Job standard", and sometimes “The Occupational standard”

Training standard:

The Training Map for achieving the Job’s subset Competencies.

Job title:

Is a set of Tasks and Abilities which is expected from an employed person in the defined level

Job description:

A statement covering the most important elements of a job, namely the position or title of the job, the duties, job’s relation with other jobs in a occupational field, the responsibilities, workplace conditions and required performance standards.

Course duration:

The minimum of time which is required to achieve the training objects.

Admission requirements:

The minimum of competencies and abilities which are obligatory for a potential admission.

Evaluation:

The process of collecting evidence and judgment about whether a competency is achieved or not.

Include: written examination, practical examination

Required Qualifications for Trainers:

The minimum of Trainer’s technical and vocational abilities which the trainer is required to have.

Competency:

The ability of efficient performing a duty in a variety of workplaces conditions

Knowledge:

The minimum set of facts and mental capacities which is necessary for achieving a competency. This can include science, (Mathematics, physics, chemistry or biology), technology or technical.

Skill:

The minimum coordination between mind and body for achieving an ability or competency. It normally applied to practical skills.

Attitude:

A set of emotional behaviors required for achieving a competency and can have non-technical skills and occupational ethics.

Safety:

The cases which doing or not doing something can cause harm or accident

Environmental Consideration:

A set of consideration about the act which should be done to minimize the environmental damage or pollution.

Competency Title:**After Effects Jumpstart: zero to HERO****Competency Description:****Overview**

If you're looking to kick start your career in the exciting arena of motion graphics, there's no better way to do it than with our intensive After Effects Jumpstart: Zero to Hero course. During the course of just five days, you'll learn both the basics and the more advanced features of the program, from creating basic animations and title sequences to combining CG elements with real life footage.

Description

zero to After Effects HERO in just 5 days!

This course is for people new to After Effects. Perhaps someone who wishes to work in the video field or who currently works in the field, or an Adobe application user looking to expand their skills and add effects to video projects. Some students may be mainly interested in creating video primarily for the Web, and others for film, but the majority are preparing more for work in broadcast video. The later part of this After Effects course you will master the concepts and advanced features of this program. It includes many advanced features, including tips and tricks using the latest version.

Who is this course for?

A person who wishes to work in the video field or who currently works in the field, or an Adobe application user looking to expand his or her skills, looking to add effects to video projects. Some students may be mainly interested in creating video primarily for the Web, and others for film, but the majority are preparing more for work in broadcast video. This course is for people new to After Effects but who want to know more than just the basics.

What you will learn

On this course you'll become familiar with the After Effects interface. You'll learn to create animations, work with layers, apply effects, work with masks and mattes. In addition, you'll also learn about type, use color effectively and to export files. You will also go on to learn Keyframe Complexity, graphs, keyframe graphic editor, expressions, render queue, path text, masks, color keying, track mattes, compound effects, Affiliate Marketing motion stabilization and tracking.

After Effects Jumpstart: zero to HERO**After Effects 101: Yellow Belt****After Effects 201: Green Belt****After Effects 301 Black Belt****After Effects Creative License****Creative Cloud for Production**

Admission Requirements:

minimum degree of education: Post first year of high school

minimum physical and mental ability:-

Prerequisite skills:ICDL 2

Assumed Knowledge

Before taking this course, you should have a basic understanding of your computers operating system.

Course duration:

Course duration: 40 hours

-Theoretical :10 Hours

-Practical :30 Hours

-Apprenticeship:... Hours

-Project:... Hours

Evaluation :(%)**IRANTVTO Evaluation :(%)**

Written Examination:25%

Practical Examination:65%

Ethics:10%

Required Qualifications for Trainers:

Computer or IT or ART related Bachelor with 2 years' experience

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Competency Training Standard

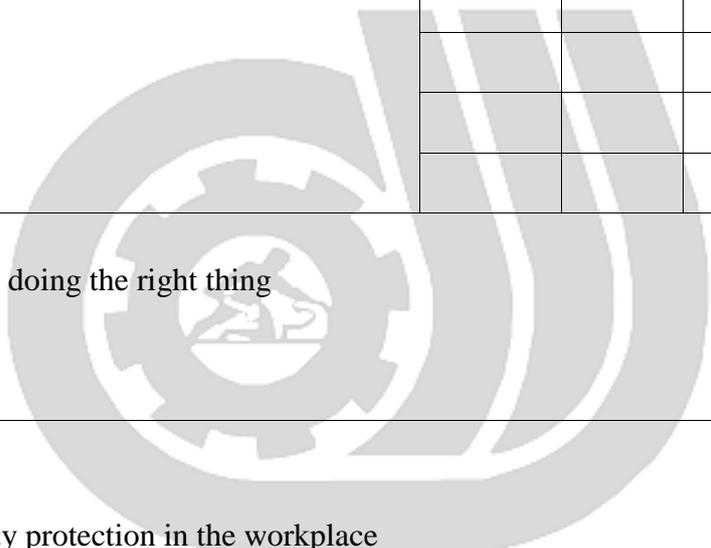
Competencies

	Title
1	After Effects User Interface and Animation
2	Basic Animation
3	Intermediate Animation
4	Layer Control
5	Transparency
6	Type and Titles
7	Nesting
8	Exporting Files
9	Key frames
10	Type Draw, Paint
11	The Matrix
12	More On Effects
13	Animation Assistants
14	Keying
15	Expressions
16	Working with 3D
17	NLE Integration
18	Format Issues and Rendering

Training standard

Contents analysis form

Title: After Effects User Interface and Animation	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • what's a project file & what's in it? • tools & panels • workspaces 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				



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Training standard
Contents analysis form

Title: Basic Animation	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: • transform properties of layers • keyframing: making element move • importing Photoshop & Illustrator files	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title:	time			
	theoretical	practical	total	
	Determined by the instructor			
Intermediate Animation				
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • in depth Keyframe manipulation & interpolation • graph editor • Motion Sketch/Smoother • Auto-Orient/Motion • blur • roving • Keyframes, • Anchor Point/Pan Behind Tool • panning a large graphic: technique • hold Keyframes 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

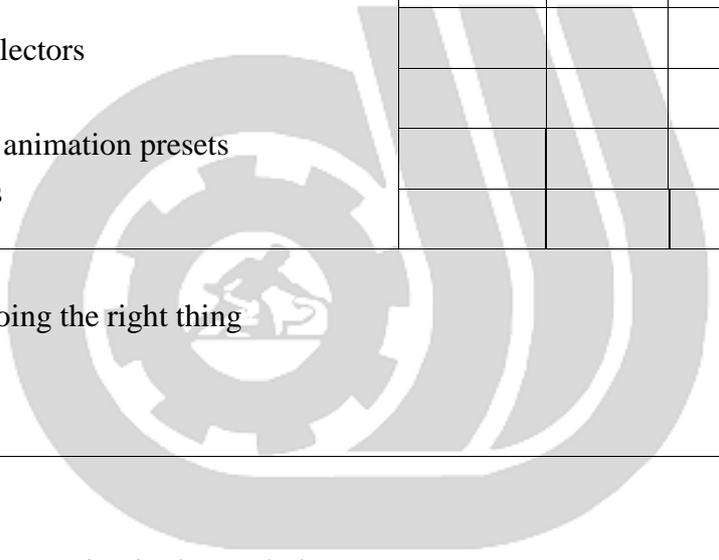
Title: Layer Control	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • keyboard shortcuts • quality • SlipTool, • sequence layers • Solo Switches • looping footage • image sequences • Frame Rate vs. Time Stretch • blending Modes • effects & Solids with Blending Modes • effects & Presets Panel • adjustment layers 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: Transparency	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • Masks • Shape • Feather • Expansion • Masking with the Pen Tool • Bezier curves, • Mask Shape Interpolation • Mask modes, • Mattes and Stencils • Mask shapes 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: Type and Titles	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • simple Rules of Titling • basic text • text animators/range selectors • Randomising • applying & saving text animation presets • per character animators 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				



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Training standard
Contents analysis form

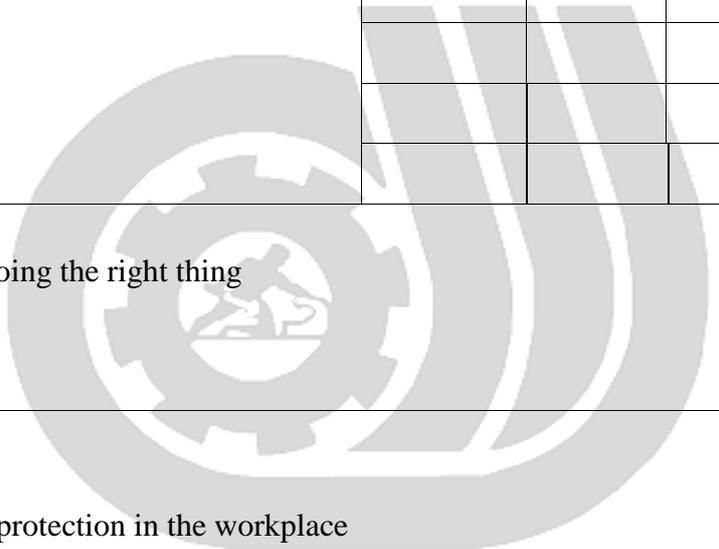
Title: Nesting	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: • precomps • editing Precomps, • locking panels • render Order • how After Effects put it all together	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: Exporting Files	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • render Queue • export As/Same Frame As • pre-render 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

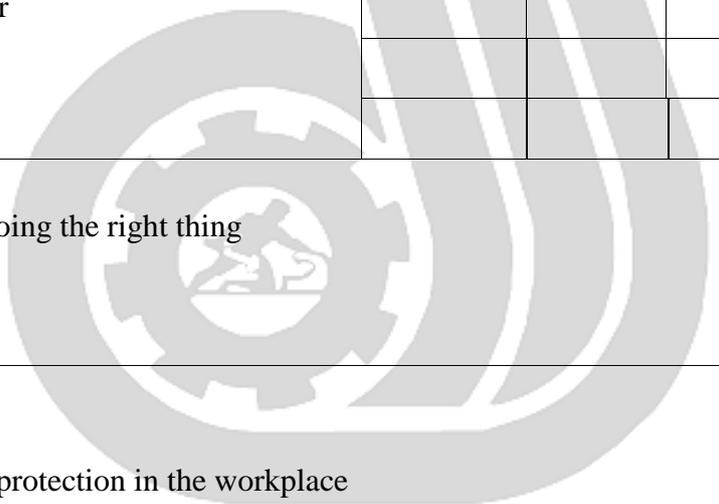
Title: Keyframes	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • different types of Keyframe • velocity • Keyframe shortcuts • Keyframe graph editor 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				



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Training standard
Contents analysis form

Title: Type Draw, Paint	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • all About Alphas • working with Photoshop • dots, pixels & Inches • working with Illustrator • plugging in Type 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				


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Training standard
Contents analysis form

Title: The Matrix	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: • Particle Playground	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: More On Effects	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • production Bundle Effects Round-Up • compound Effects 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: Animation Assistants	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • additional Assistants • motion Fun • express Yourself • animation & behavior presets 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

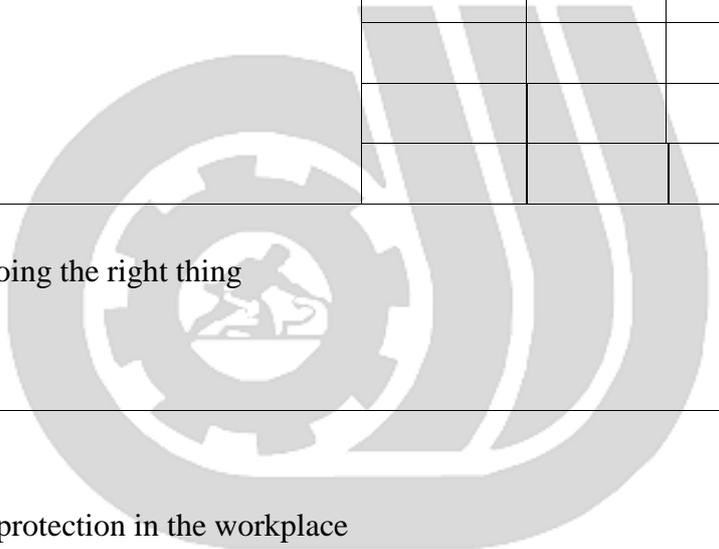
Title: Keying	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: • using Keylight	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: Time and Tracking	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: • time Remapping • time Games • on Stable Ground • motion tracking • time warp	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: Expressions	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: • writing a simple expression • linking expressions to motion track	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				



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Training standard
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Title: Working with 3D	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • cameras • lights • 3D layers 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: NLE Integration	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: • integration 101 • integration with Nonlinear Editing Systems	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Training standard
Contents analysis form

Title: Format Issues and Rendering	time			
	theoretical	practical	total	
	Determined by the instructor			
Knowledge ,skill ,attitude ,safety, Environmental Consideration				Equipments ,tools, materials ,books
Knowledge and Skill: <ul style="list-style-type: none"> • video issues • playing the field • 3:2 pulldown • luminance & IRE issues • working with D1/DV NTSC • working with widescreen • pre-rendering & proxies • advanced 'Rendering-Render Farm Concept' • what's Your Preference? • The 'Secret Preferences' 	Determined by the instructor			From Adobe
Attitude: Speed and accuracy in doing the right thing				
Health & Safety: Compliance with safety protection in the workplace				
Environmental Consideration: Compliance with environmental protection				

Equipment & Tools & Materials & Resources (books, site, software...) form

*Required quantity for each 16 Trainees

From: Microsoft