Coffee & Camera
Session 3 Exercises

Exercise 1 – Freeze the Action

1. Using the Mode Dial (or the menus depending on your camera) put your camera in Shutter Priority mode.
    a. On Canon cameras, the symbol is Tv.
    b. On Nikon cameras, the symbol is S.
2. Choose a scene that has consistent motion.
    a. Examples: a runner, a cyclist, a car, a ceiling fan, water in a fountain, water from a faucet, water from a hose.
    b. Avoid motion that is coming directly at you. For example, choose a runner going across your field of view or water that is falling downward or a fan that is spinning around.
    c. Try to get relatively close to the subject literally or using your zoom lens.
3. Set your **ISO**
    a. If it's cloudy, set ISO to 400; bright, set ISO to 100; in between, set ISO to 200.
    b. If you're shooting after sunset or before sunrise you will need to use a higher ISO.
    c. Note: Make sure you turn Auto ISO Sensitivity off.
4. Set your **Shutter Speed** to 1/60.
    a. Your camera will automatically adjust the **Aperture** based on the ISO and Shutter Speed settings you've made.
5. Press the shutter release when the subject is in the center of your viewfinder.
    a. Depending on the speed of the subject, you may have to anticipate when the subject is in the center of the frame.
    b. Do not move your camera with the subject; try to keep your camera completely still.
6. If the photo is blurry from the motion of the subject:
    a. Go back to Step 4 and increase your shutter speed by one stop.
    b. Shutter Speed Full Stops: 1/15, 1/30, 1/60, 1/125, 1/250, 1/500, 1/1000.
    c. Repeat this step until you're able to freeze the action completely.
7. By Sunday, November 25, please send me one image of freezing the action.

Exercise 2 – Express Motion

1. Using the Mode Dial, put your camera in Shutter Priority mode.
    a. On Canon cameras, the symbol is Tv.
    b. On Nikon cameras, the symbol is S.
2. Choose a scene that has motion.
    a. Examples: a runner, a cyclist, a car, water in a fountain, water from a faucet.
    b. You can use the same subject as you did in the first exercise.
3. Set your **ISO**
    a. If it's cloudy, set ISO to 400; bright, set ISO to 100; in between, set ISO to 200.
    b. If you're shooting after sunset or before sunrise you will need to use a higher ISO.
    c. Note: Make sure you turn Auto ISO Sensitivity off.
4. Set your **Shutter Speed** to 1/60.
    a. Your camera will automatically adjust the **Aperture** based on the ISO and Shutter Speed settings you've made.
5. Press the shutter release when the subject is in the center of your viewfinder.
    a. Depending on the speed of the subject, you may have to anticipate when the subject is in the center of the frame.
6. If the photo is **not** blurry:
    a. Try using a slower shutter speed.

  b. Note: At slow shutter speeds you may need to steady your camera with a tripod or other stable platform.
7. By Sunday, November 25, please send me one image expressing motion.

Bonus Exercise – Panning for Effect

1. Using the Mode Dial, put your camera in Shutter Priority mode.
  a. On Canon cameras, the symbol is Tv.
  b. On Nikon cameras, the symbol is S.
2. Choose a scene that has motion.
  a. Examples: a runner, a cyclist, a car, a ceiling fan, water in a fountain, water from a faucet, water from a hose.
  b. Avoid motion that is coming directly at you. For example, choose a runner going across your field of view or water that is falling downward or a fan that is spinning around.
  c. Try to get relatively close to the subject literally or using your zoom lens.
  d. Consider a contrasting/busy background to make the effect work better.
3. Set your **ISO**
  a. If it's cloudy, set ISO to 400; bright, set ISO to 100; in between, set ISO to 200.
  b. If you're shooting after sunset or before sunrise you will need to use a higher ISO.
  c. Note: Your camera may set ISO automatically in Shutter Priority.
4. Set your **Shutter Speed** between 1/8 and 1/125.
  a. Your camera will automatically adjust the **Aperture** based on the ISO and Shutter Speed settings you've made.
5. Center the subject in your viewfinder as early as you can
6. Pan the camera by swiveling your entire upper body, not just your hands
7. Begin panning before you press the shutter release
8. Continue panning after the shot ("follow through")
9. Press the shutter release after you've begun the panning motion.
  a. Depending on the speed of the subject, you may have to anticipate when the subject is in the center of the frame.
  b. Do not stop moving when you press the shutter release.
10. It will probably take several tries to get something that works, but keep trying
  a. Adjust your shutter speed if you're not getting enough blur.
  b. If the subject is not in focus remember to keep moving through the whole process
11. By Sunday, November 25, please send me one panning image.