

## Issues to Consider When You're Composing a Shot

### Field of View:

- Distance:
  - Extreme long shot (XLS)
  - Long shot (LS)
  - Medium shot (MS)
  - Close up (CU)
  - Extreme close up (XCU)
- Area:
  - Chest shot
  - Knee shot
  - Two shot
  - Three shot
  - Over the shoulder
  - Cross shot

### Movement:

- Pan - Horizontal camera movement
- Tilt - Vertical camera movement
- Dolly - Whole camera movement
- Cant - Sideways camera tilt (Dutch angle)
- Zoom - Telephoto to wide angle or visa versa (focal length change)

### Framing:

- Camera angle:
  - At eye level = neutral
  - Above eye level = diminutive shot
  - Below eye level = imposing shot
- Headroom is the space above a subject's head. Too much or too little headroom results in an awkward shot.
- Looking room (or noseroom) is the area required to balance a subject's gaze. If a subject is looking left they should be positioned to the right of the screen to give a balanced shot.
- Leadroom is similar to looking room but is used to balance a subject in motion. If the subject is moving from left to right they should be positioned to the left of the screen to give a balanced shot.
- Defining the z-axis. A shot with a definitive foreground, middleground, and background has more depth and can be more interesting.

Courtesy of David Murphy, Instructor, Media Lab, Simon Fraser University