



## Module II. Technical

Video  
concept  
course

Topic 2. Camera  
settings

Lesson 2. ISO



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## *In this lesson, we will learn...*

1. What ISO is?
2. How to change ISO?
3. When to use Low and High ISO



# 1.- What is ISO

*ISO stands for International Standards Organization.*

*The ISO setting is one of **three elements** used to control exposure; the other two are **aperture** and **shutter speed**.*



We should set the three elements

# 1.- What is ISO

ISO is a great tool to use,  
especially in dark environments

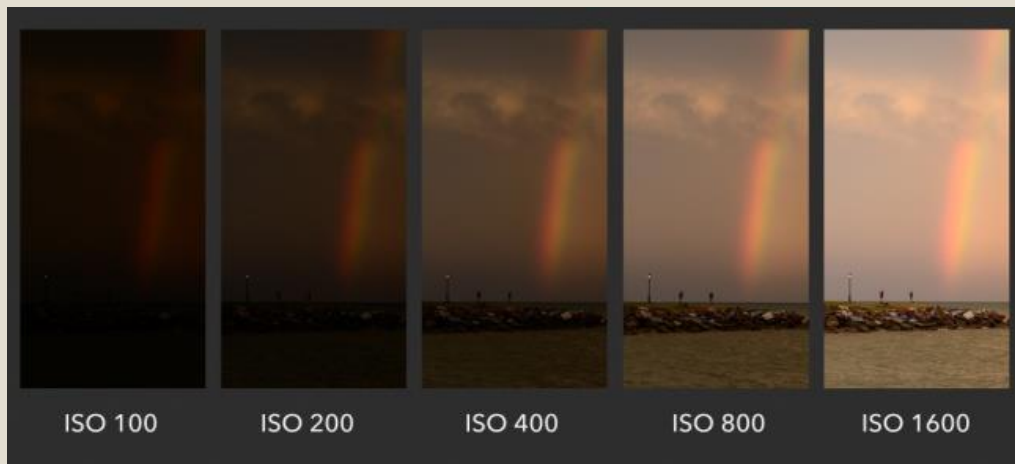


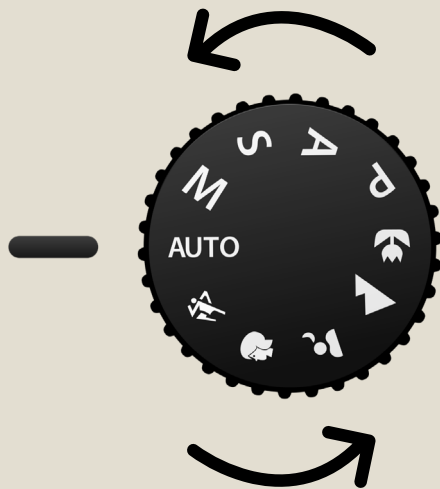
Image Copyright © PhotographyLife

Set **ISO** and shape  
your shots by  
**aperture** and  
**shutter speed**.



## 2.- How to change ISO

First of all, **get out** of the **auto mode** and start using the camera manually

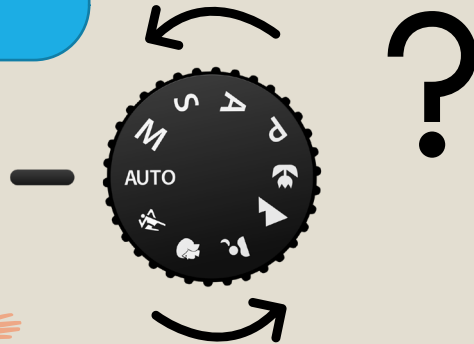


Now you make the key decisions about your shooting and not the camera.



## 2.- How to change ISO

Changing ISO varies from camera to camera...



# Canon

Canon gives cameras an ISO button at the back or the top of the camera.



Hold down the function button on the front of the camera and turn the command dial.

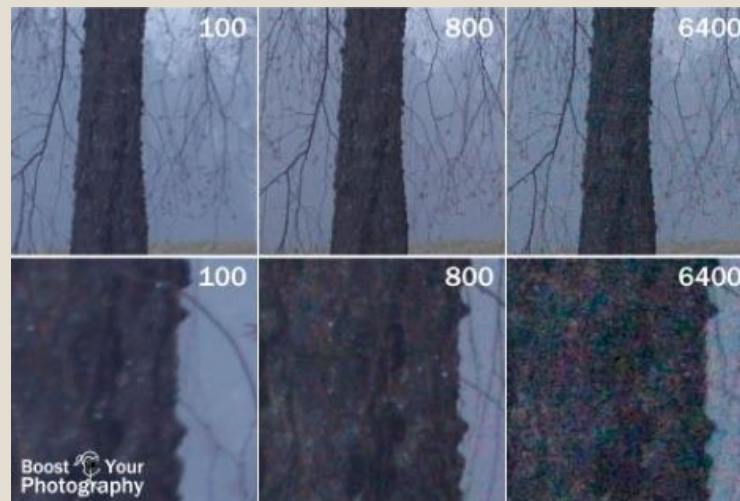
### 3.- When to use low ISO

Even in dim or dark environments, you still might be able to use a low ISO

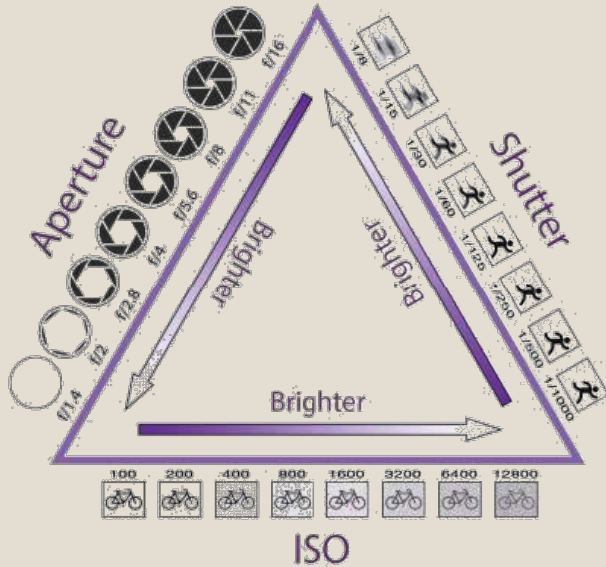


*Lower ISO means:*

- ✓ Less sensitivity to light
- ✓ Less noise
- ✓ Better colors
- ✓ Better dynamic range



## 3.- When to use high ISO



Most of the times there is a trade off with ISO, and you should only raise it when necessary, meaning when you can't change your exposure with shutter speed or aperture.





## Finally:

We must consider the **automatic values** in **mobile phones**:

- the resolution of the cameras
- the zoom
- the effects of filters

They can be applied to provide more contrast to the image.





# Conclusions

*Knowing the right usage of ISO in the camera settings allows us to obtain better quality images.*



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