



Your skills. Your advantage.

Tosa for Adobe Premiere*

Exam Blueprint

contact@isograd.com

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Introduction to the Tosa[®] Exam Blueprint

For Tosa[®] Assessment and Certification

Tosa® (Test on Software Applications)

Tosa® assessments and certifications are designed to determine a candidate's proficiency level by evaluating their skills in office software and digital tools commonly used in a professional or educational environment.

These tests are specifically developed to validate the professional competencies of candidates looking to enhance their employability (employees, students, job seekers, and individuals undergoing career transitions).

Tosa® assessments and certifications are adaptive tests, developed using scientific methodologies. The scoring is based on Item Response Theory (IRT). The test algorithm adapts to each candidate's response in real time, adjusting the difficulty level of subsequent questions until it precisely determines the candidate's skill level by calculating the upper limit of their competencies. As a result, the tests provide a detailed and unique diagnosis of each candidate's abilities.

The rigor and reliability of Tosa® tests stem from the combination of a mathematical model for analyzing question difficulty and the relevance of the questions selected for each candidate (IRT).

Tosa® Exam Blueprint Objective

This exam blueprint outlines all the skills assessed within the domains and sub-domains of the Tosa® assessment and certification tests for Adobe Premiere.

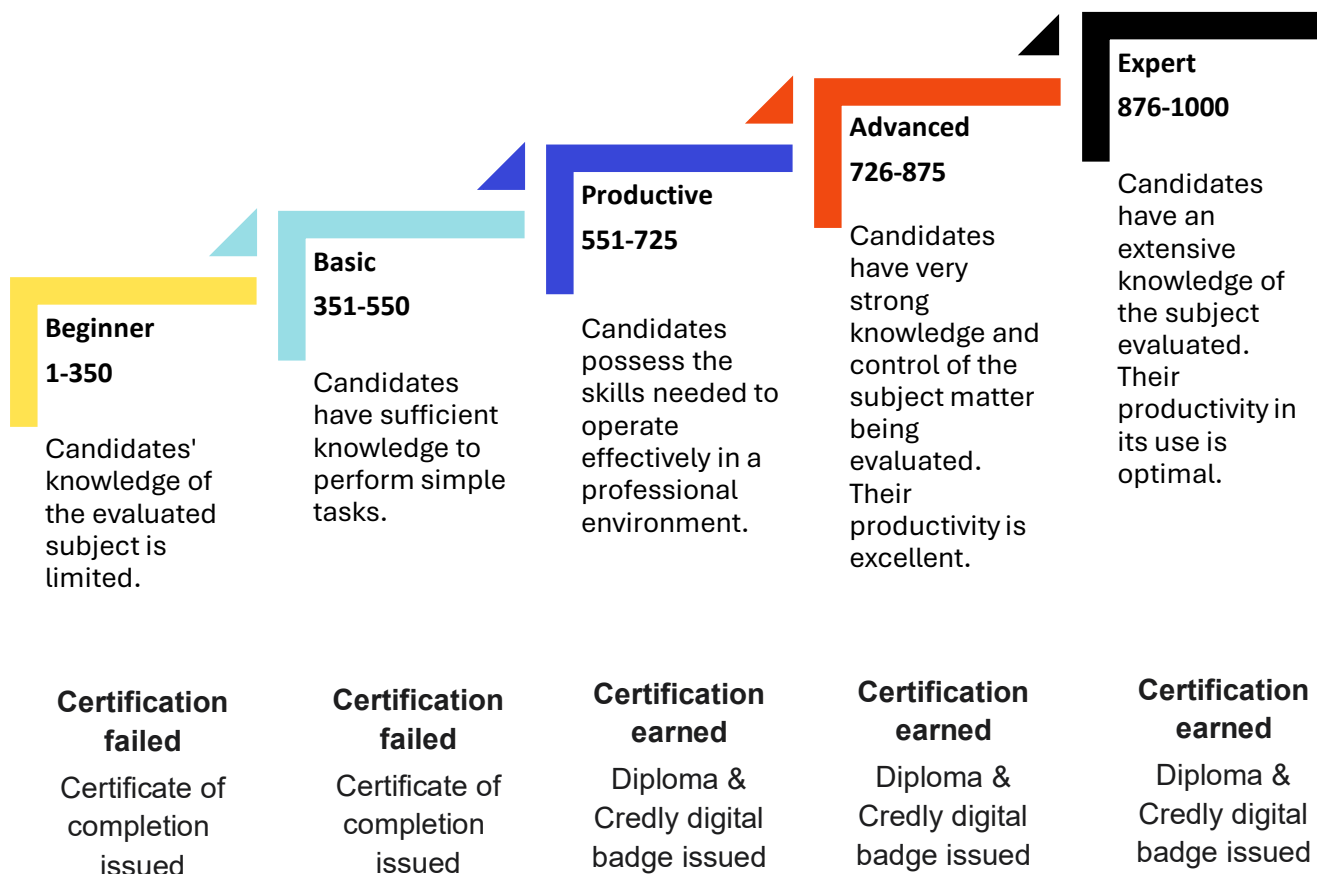
Tosa® assessment and certification solutions are designed to determine learners' proficiency levels using a single scoring scale—ranging from 0 to 1000 for certification—and divided into five levels, from “Beginner” to “Expert,” for the assessment.

The purpose of this blueprint is to specify the technical knowledge expected at each level and within each of the four main skill categories of Adobe Premiere. It is intended to help identify the most appropriate teaching or training programs to match a learner's target score.

Unique Tosa® Scoring

The Tosa® assessments and certifications are based on a unique score, divided into five levels.

- Ranging from 1 to 1000 for the certification.
- Divided into five levels, from Beginner to Expert, for the assessment.



About the Tosa® for Adobe Premiere certification

The Tosa for Adobe Premiere Certification relies on a database of more than 130 questions. It is composed of 35 questions from the question database and lasts for 1 hour. The algorithm adapts to each of the candidate's answers to adjust the difficulty level of the questions until reaching the candidate's skill limit. This ensures a precise and accurate result.

Since the test is adaptive, the series of questions that a candidate gets is unique for each test. This algorithm allows for a more accurate evaluation of the candidate's level. It also limits cheating and the memorization of questions on different passages.

Our platform allows individuals to take the certification in a classroom setting, an approved testing center, or remotely via our integrated asynchronous online proctoring solutions.

Our remote proctoring solutions provide added flexibility for both the administrator and the candidate, allowing the certification exam to be taken anywhere, at any time. The candidate only needs an internet connection and a computer equipped with a working webcam and microphone.

Candidates receive a numeric score out of 1000 points. This score corresponds to one of five proficiency levels. Candidates who score between 1 and 550 points do not earn the certification. They receive a certificate of completion in lieu of a diploma. Candidates who score 551 points or above earn the certification and will receive a diploma by email within five business days. If a candidate scores 551 points or above, they will also be eligible to receive a digital Credly badge.

There are no prerequisites to be eligible to take the exam, but to ensure a candidate is well prepared on exam day, we suggest they:

- Take at least one Tosa for Adobe Premiere adaptive assessment to estimate their level and get familiar with the test format
- Use the free practice tests on our website for training
- Follow an e-learning or training course (average duration per level is between 10 and 15 hours per certification, so around 150 hours total)

Tosa certification diplomas are valid for three years from the date of issue. This three-year period has been set to ensure that our certifications are consistently accurate and relevant, taking into account software version updates as well as the natural evolution of a candidate's skills over time. Limiting the certification period also reflects the need for life-long learning and continual professional development.

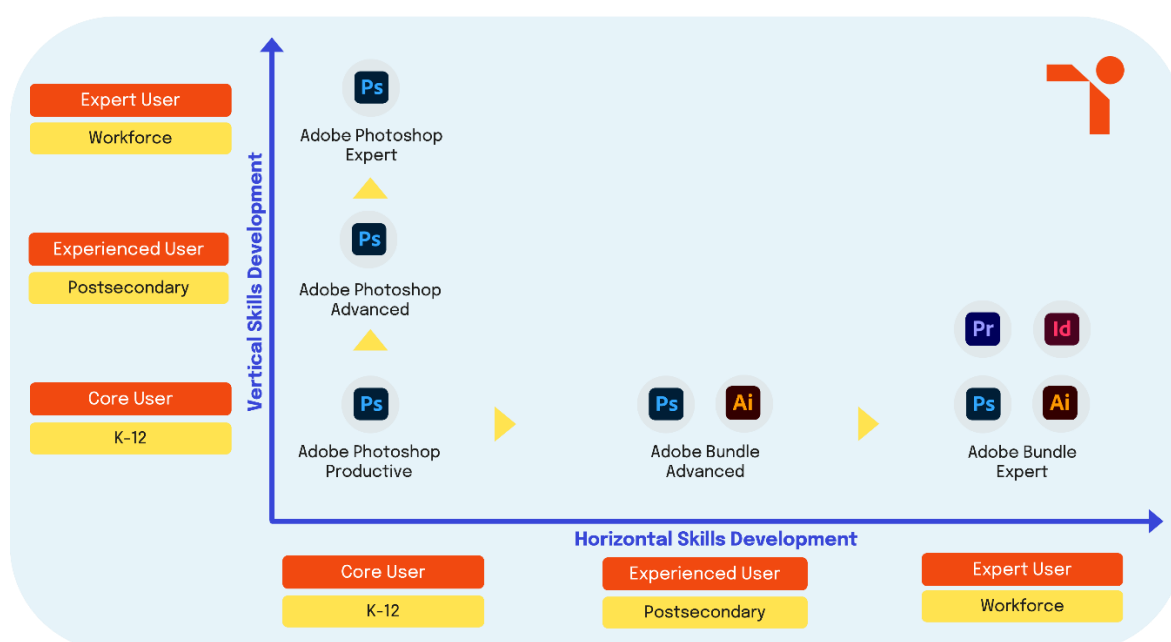
Tosa certifications can be retaken when they expire. Earners willing to improve their score and proficiency level can retake the exam at any time.

Tosa Sequence for Progressive Skills Development

Students and professionals can tailor their certification journey with Tosa, demonstrating their expertise in ways that align with their unique needs and goals.

With the **Tosa for Adobe Premiere Certification**, starting at a productive level, users can progress vertically, advancing to advanced and expert levels as their skills grow. This clear path encourages continuous improvement and validates each stage of their development. Tosa's structure makes it easy to track progress and showcase evolving expertise.

With the **Tosa for Adobe Bundle Certification**, users can expand their skill set horizontally across Adobe applications, mastering interconnected applications that touch on a broader range of competencies. This flexible approach empowers individuals to develop both depth and breadth in their skillset, enhancing career prospects and workplace versatility.

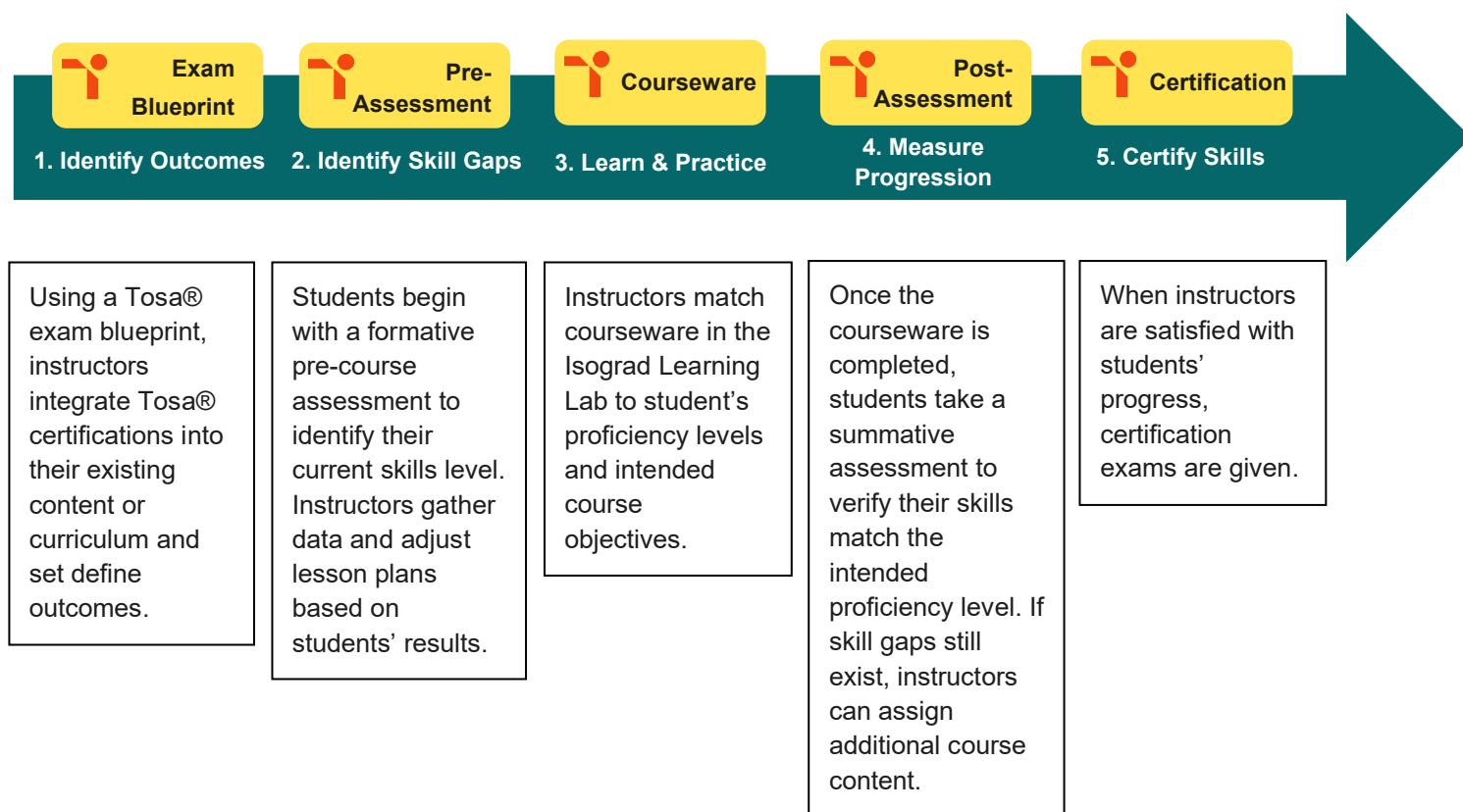


Isograd Learning Lab

The Isograd Learning Lab is a multifaceted and adaptable courseware solution designed to help learners prepare for Tosa certification exams. It offers personalized, self-paced, and fully interactive learning experiences, equipping candidates with the essential digital skills that employers seek. These skills span a wide and varied range, applicable to learners just starting their career journey to those wishing to advance on their path.

The browser-based platform supports all learning styles with a wide array of features, including in-application exercises. These in-application capabilities allow learners to experience real-world examples of specific tasks within a given software environment. The lab includes inclusive learning resources, along with extension activities and project-based learning challenges that foster creativity and critical thinking.

All course content on the Isograd Learning Lab is aligned to a Tosa exam blueprint, which is the foundation of any Tosa certification exam. By aligning course content to an exam blueprint learners will be prepared to take the exam once they complete the courseware.



Tosa® Adobe Premiere Level Descriptions

At each level, candidates can:

Beginner

- Understand what Adobe Premiere is, identify its typical users and audiences, and know how to start a project using the application.
- Demonstrate basic understanding of the Premiere interface and essential tools.
- Be able to create and manage simple projects, bins, and import media.
- Use the timeline and perform basic tasks like arranging clips or launching a basic export.
- May require supervision and guidance for more complex editing or configuration tasks.

Basic

- Understand the purpose of Adobe Premiere, master key concepts and terminology, and be familiar with project planning and the post-production workflow.
- Apply basic Premiere skills to common video tasks, such as creating and editing sequences.
- Adjust clip properties (length, speed, opacity), add audio, transitions, and simple text.
- Use basic visual principles and identify export settings for web use.
- Perform routine editing and export tasks independently with minimal customization.

Productive

- Identify the main tools and features of Adobe Premiere, understand its use cases, and grasp the stages of the post-production process.
- Master core tools and shortcuts to efficiently edit sequences and manage workspaces.
- Apply visual effects, synchronize audio and video, and perform color and audio corrections.
- Use multi-cam editing, dynamic linking, and adapt content for various platforms.
- Produce polished, ready-to-publish videos for events, media, or digital campaigns.

Advanced

- Understand how to target the right audience, plan the visual structure of a project, and navigate the overall production process in Adobe Premiere.
- Take full advantage of advanced editing workflows and project management tools.
- Use adjustment layers, nested sequences, and keyframes to structure complex edits.
- Apply advanced color grading, integrate captions, and follow accessibility standards.
- Export with precision using encoding profiles, VR/HDR options, and custom presets.

Expert

- Use expert-level editing techniques in collaborative and high-performance environments.
- Master proxies, motion graphics, keyframing, and green screen compositing.
- Ensure legal compliance, metadata management, and advanced multi-platform exports.
- Create dynamic, professional-grade content with optimal quality and workflow control.
- Lead complex post-production projects and mentor less experienced users.

Business Applications

At the Beginner level, the user has little or no practical knowledge of Adobe Premiere. Skills are limited to identifying interface elements and performing very basic actions such as starting a project or locating the export function. This level does not support autonomous use of the software in a professional setting.

For a Marketing Assistant, Social Media Intern, or Junior Video Content Creator, skills at this level allow the user to handle basic editing tasks: trimming and arranging clips, making simple adjustments (volume, speed, or opacity), and exporting for web platforms. They can apply standard transitions and add basic text elements.

For an Event Videographer, E-learning Content Editor, or Junior Multimedia Journalist, skills at this level enable the user to structure sequences, apply transitions and effects, manipulate audio and visual properties, and adapt video for different platforms (YouTube, Facebook, etc.). They can work independently on standard video production workflows.

For a Video Production Coordinator, Digital Marketing Specialist, or Post-Production Editor, skills at this level allow the user to manage complex editing workflows involving nested sequences, color grading, subtitles, multi-cam editing, and optimized export settings. They can collaborate with teams, consolidate projects, and ensure visual and technical consistency.

For a Film Director, Video Marketing Strategist, or Senior Post-Production Specialist, skills at this level enable full mastery of Premiere's advanced features. They can lead collaborative workflows, manage proxies and high-res media, implement advanced audio mixing and motion design, and ensure legal and export compliance across international platforms.

Domain 1: Fundamentals and Applications

Sub-domain 1: Getting started with Adobe Premiere

Includes identifying when and for whom to use the Adobe Premiere application, and matching Premiere to real-world use cases.

Beginner

- Understanding what Adobe Premiere is.
- Identifying users and audiences.
- Starting a project in Premiere.

Basic

- Understanding Premiere and its purpose.
- Identifying basic editing tasks and interface components.
- Describing the editing workflow and how to organize a video project.

Productive

- Applying tools and features of Premiere in real-world contexts.
- Recognizing editing tasks and use cases across media professions.
- Understanding post-production structure and editing concepts.

Advanced

- Adapting projects to audience needs and content types.
- Structuring production workflows across pre-, mid-, and post-production.
- Comparing Premiere to other video editing tools and platforms.

Expert

- Collaborating efficiently on shared editing project.
- Planning and adapting content for diverse platforms and audiences.
- Managing accessibility, client goals, and format/export requirements.

Domain 2: Environment and Project Set Up

Sub-domain 1: Managing the Project Environment

Creating and organizing new projects, using bins and sequences, adjusting interface preferences, and customizing the workspace layout for optimized workflow.

Beginner

- Create a new project and organize assets in bins.

Basic

- Create and rename sequences.
- Adjust the workspace layout by rearranging and resizing panels.
- Change interface appearance via preferences.

Productive

- Customize and switch between workspaces.
- Use the button editor and workspace presets.
- Add, delete, and manage tracks; toggle sync lock.

Advanced

- Use the Project Manager to collect and consolidate assets.
- Add markers, comments, and notes to facilitate collaboration.
- Show safe margins and configure timeline overlays.

Expert

- Collaborate on Team Projects with multiple editors.
- Customize high-efficiency workspaces for specific workflows.
- Manage proxies and streamline shared media workflows.

Sub-domain 2: Importing and Managing Assets

Importing media from various sources, using dynamic links (e.g., with After Effects or Photoshop), and managing file formats, proxies, and media settings.

Beginner

- Import video and audio assets using the media browser.

Basic

- Recognize compatible media formats.
- Open timeline display settings to view and adjust clips.

Productive

- Import layered Photoshop or After Effects files via Dynamic Link.
- Use the Project panel search bar to locate assets.
- Select and remove unused media from the project.

Advanced

- Analyze frame rate, resolution, and codec compatibility.
- Use captions/transcription tools for imported content.
- Consolidate media for export using advanced options.

Expert

- Integrate and manage external assets (e.g. graphics from Photoshop).
- Set up and manage proxy workflows for high-res footage.
- Ensure cross-software compatibility with dynamic linking and shared libraries.

Sub-domain 3: Configuring Project Preferences and Tools

Setting up audio and video preferences, using tools like markers, keyframes, and customization of keyboard shortcuts and button editors to streamline editing.

Beginner

- Zoom in/out on the timeline.
- Access playback resolution settings.

Basic

- Change default preferences (e.g. interface, snapping, zoom).
- Set playback resolution and adjust basic display options.

Productive

- Use advanced tools: Ripple, Rolling, Razor, Slip, Slide, etc.
- Adjust preferences for image duration, default tracks, audio hardware.
- Customize timeline settings and marker behavior.

Advanced

- Create and manage custom keyboard shortcuts.
- Display and interpret audio meters.
- Fine-tune ingest and sync preferences.

Expert

- Automate audio mix with keyframes.
- Create dynamic visual animations using timeline keyframes.
- Combine preferences, proxies, and media cache settings for optimal performance.

Domain 3: Visual Elements

Sub-domain 1: Editing and Arranging Clips

Using the timeline and editing tools (Ripple, Rolling, Slip, Slide, etc.) to insert, cut, rearrange, and synchronize audio and video clips.

Beginner

- Use the timeline to arrange clips.
- Access and use basic editing tools.

Basic

- Modify clip length, speed, and opacity.
- Insert, overwrite, or zoom clips using basic track targeting.
- Reorganize clips in icon view and automate to sequence.

Productive

- Use edit tool shortcuts (Ripple, Rolling, Razor).
- Insert clips from Source Monitor and use J-cuts.
- Synchronize audio and video precisely.

Advanced

- Use slip and slide tools to fine-tune edits.
- Edit in sequence shots using Lift, Extract, and advanced trim tools.
- Manage complex timelines with nested and sub-sequences.

Expert

- Navigate multi-camera editing using the Edit Cameras menu.
- Apply velocity graphs for precise speed control and timing.
- Integrate proxies for smoother high-res editing.

Sub-domain 2: Applying Visual and Audio Effects

Adjusting speed, opacity, volume, and applying transitions, effects, text animations, and audio enhancements (including with Essential Sound and DeNoise).

Beginner

- Identify and apply basic transitions.
- Adjust audio levels on the timeline.

Basic

- Use label colors, snap mode, and set audio gain.
- Apply basic audio fades and use the recording button.

Productive

- Use DeNoise effect and manipulate audio with markers.
- Apply keyframes to animate text and media properties.
- Adjust audio and video transitions for smooth playback.

Advanced

- Apply adjustment layers for color and effects across multiple clips.
- Use timeline keyframe line for complex transitions.
- Integrate captions and use freeze frame options for narrative emphasis.

Expert

- Use Lumetri Color panel for professional-grade color grading.
- Apply Ultra Key for green screen compositing.
- Mix and balance audio with Essential Sound panel and keyframe automation.

Sub-domain 3: Advanced Graphic and Multicam Editing

Creating titles, captions, and subtitles with Essential Graphics, editing multi-camera sequences, and using proxies, velocity graphs, and motion graphics templates.

Beginner

- Add simple titles using the text tool.

Basic

- Create legacy titles and define audience via onscreen elements.

Productive

- Customize text (font, size, tracking, kerning).
- Create lower thirds, animated titles, and basic overlays.

Advanced

- Create and edit synchronized multicam sequences.
- Integrate subtitles, captions, and custom motion paths.
- Use captions and graphic elements to enhance viewer accessibility.

Expert

- Use Motion Graphic Templates (MOGRTs) for high-impact visual overlays.
- Combine multiple animations and effects for complex compositions.
- Build and reuse branded motion graphic systems across projects.

Domain 4: Video Project Structure and Industry

Sub-domain 1: Understanding Video Terminology and Standards

Recognizing industry terms such as frame rates, codecs, 180° rule, LUTs, and using standards for captions, resolutions, and color workflows.

Beginner

- Define basic terms such as dailies and color grading.

Basic

- Identify video codecs, resolutions, frame sizes, and LUTs.
- Recognize basic editing stages and social media formats.

Productive

- Understand 1080p, frame rates, and ingest processes.
- Use Lumetri scopes for technical image analysis.
- Apply appropriate workflows depending on the media destination.

Advanced

- Use advanced color grading tools to control contrast and mood.
- Master standards for broadcast, cinema, and digital platforms.

Expert

- Communicate using professional video/audio production terminology.
- Ensure compliance with international location and format standards.

Sub-domain 2: Applying Design Principles and Workflows

Mastering editing workflows, visual storytelling (e.g., rule of thirds, shot sizes), and managing complex editing structures like nested sequences and sequences for social media.

Beginner

- Edit a basic video targeted at children using pre-structured content.

Basic

- Apply design rules like rule of thirds, shot sizes, and 180° rule.
- Define audience and demographics for a basic video.

Productive

- Organize projects using storyboards or shot lists.
- Adjust visuals and sound based on viewing context.
- Create video sequences tailored for different platforms (web, TV, cinema).

Advanced

- Apply visual storytelling techniques and pacing adapted to the audience.
- Optimize viewing angles, framing, and rhythm for engagement and clarity.

Expert

- Integrate complex design principles into narrative structures.
- Tailor content precisely to demographics, device type, and accessibility needs.

Sub-domain 3: Addressing Legal, Ethical, and Accessibility Considerations

Identifying copyright and licensing requirements, permissions for using third-party content or locations, and ensuring content accessibility through captions and inclusive practices.

Beginner

- Recognize the importance of legal and ethical considerations.

Basic

- Identify third-party content risks and define basic legal constraints.
- Acknowledge the need for accessibility in video content.

Productive

- Understand Creative Commons licensing and usage rights.
- Know when and how to request permission for image use (people or locations).
- Define accessibility elements for inclusive viewing.

Advanced

- Create closed captions and subtitles following accessibility standards.
- Apply copyright rules across international contexts and platforms.

Expert

- Navigate legal frameworks for image/location rights worldwide.
- Ensure full ethical compliance in content sourcing and publishing.

Domain 5: Publishing Digital Media

Sub-domain 1: Preparing and Checking Content for Export

Reviewing sequences for errors, syncing issues, offline media, audio mixing, and color correction before exporting.

Beginner

- Identify the export tab or quick export icon.

Basic

- Check the sequence visually before exporting.
- Detect offline or missing media clips.

Productive

- Adjust audio levels, transitions, and synchronization issues.
- Perform basic color corrections and visual balancing.

Advanced

- Use scopes and safe margins to check framing and brightness.
- Prepare multi-format versions with captions and branding.

Expert

- Apply full technical and editorial review prior to delivery.
- Collaborate across teams to finalize project consistency and readiness.

Sub-domain 2: Exporting with Appropriate Settings

Exporting in various formats (web, TV, cinema, VR), using bitrate controls, encoding profiles, Media Encoder, HDR/SDR options, and platform-specific settings (e.g., Instagram, YouTube).

Beginner

- Launch an export with default settings.

Basic

- Select output format (e.g., H.264) and basic resolution.
- Export for platforms like YouTube using simple presets.

Productive

- Configure export settings including bitrate, aspect ratio, frame rate.
- Choose between render in/out, entire sequence, or custom ranges.

Advanced

- Export with HDR/SDR considerations and encoding profiles.
- Use Media Encoder with detailed audio/video settings.

Expert

- Export for broadcast, ProTools, or VR with audio routing and multi-channel settings.
- Create and manage custom export presets adapted to production needs.

Sub-domain 3: Managing Files and Metadata for Distribution

Using the Project Manager for consolidation, exporting AAF or Final Cut files, generating metadata and subtitles, and ensuring compatibility across editing systems and versions.

Beginner

- Name and save exported files correctly.

Basic

- Organize files for upload or delivery.
- Add basic metadata to exported files.

Productive

- Export captions and subtitles in appropriate formats.
- Use the project manager to consolidate assets and reduce file size.

Advanced

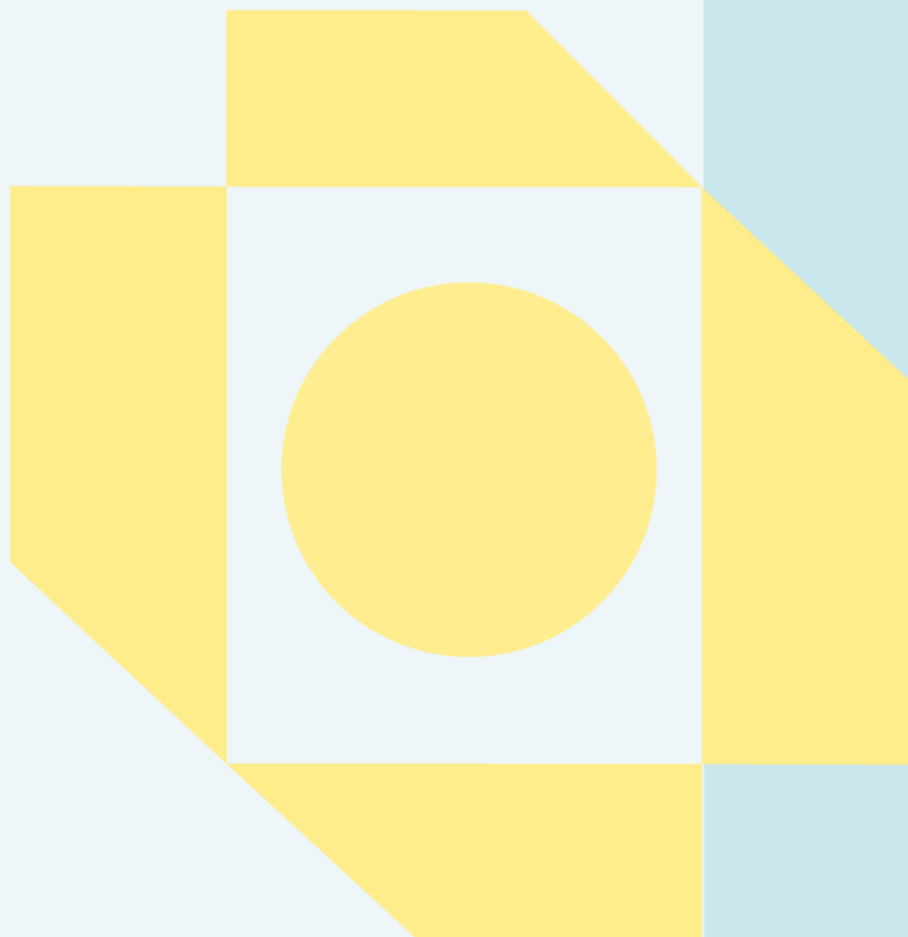
- Export in legacy formats (e.g., AAF, Final Cut XML).
- Embed metadata and track configurations for specific platforms.

Expert

- Manage advanced exports with custom metadata, compression levels, and multi-version outputs.
- Ensure interoperability across editing and archiving platforms.



Your skills. Your advantage.



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