

Learning Video vs Streaming vs Conferencing

Pick the right kind of video before you build. The columns are not interchangeable - each carries different cost and work.

	STREAMING	CONFERENCING	LEARNING VIDEO
Optimizes for	Reach: one source to many viewers.	Conversation: low-latency, two-way interaction.	Learning outcome: track, assess, and certify.
Typical latency	Seconds (HLS 15-30s; LL-HLS under 3s).	Milliseconds (200-500ms glass-to-glass).	Either - depends on live vs recorded delivery.
Direction	One-way broadcast.	Many-to-many, interactive.	One-way or live, plus an interaction layer.
What it records	Play counts and watch time.	Attendance and call logs.	Completion, score, time, and each interaction.
Standards	HLS, DASH, CMAF.	WebRTC, SIP.	SCORM, xAPI, cmi5, LTI on top of a video stack.
Example	A film on Netflix; a launch livestream.	A Zoom call; a webinar.	A graded course video; compliance training.

Which do you need?

Just need people to watch and you do not track results -> streaming is enough.

Need live, two-way teaching or office hours -> conferencing (WebRTC) is the core.

Need to prove who learned what, score it, and report to an LMS or HR -> learning video.

Most real products combine all three: live classes, recorded lessons, and a tracking layer.