

Miele Forensic Consulting

LAURA MIELE, PH D, CST-2

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347-400-0750

ACADEMIC EDUCATION

Doctorate in Psychology, emphasis in Sport and Counseling, Capella University, MN, 2007

Master of Arts in Education, Diverse Learner/ Ed. Admin., University of Phoenix, AZ, 1998

Bachelor of Science, Exercise Science: Physical Education, Arizona State University, AZ, 1994

2019- Present **Miele Forensic Consulting**

Sport, Fitness and Recreation Consultant-Expert

- Provide technical analysis, investigations in my areas of my expertise:
 - Fitness facility operations including personal training, risk management, and injury prevention
 - Physical Education, Sport and Recreation
 - School Supervision
 - Proper Training Practices and Procedures in Sport
 - Gymnastics, Trampoline Parks/Adventure Courses
 - Emergency Preparation and Response in Schools, Fitness and Sport Facilities

2010 to 2019 **Robson Forensic, Inc.**

Associate, Sport, Fitness and Recreation Forensic Expert

- Provided technical investigations, analysis, reports, and testimony toward the resolution of commercial and personal injury litigation involving physical education, sport and recreation fitness facility operations, personal training and injury prevention.

2007 to present **Mind Over Body Athletics, LLC / dba Miele Forensic Consulting**

Owner, Personal Trainer and Sport Psychology Consultant

- Personal training for private and corporate clients, including but not limited to, strength and conditioning, resistance training, and circuit/group type training.
- Conduct basketball clinics for high school male and female basketball players.
- Train young athletes in sport specific fundamentals, weights, resistance and in injury prevention.
- Sport Psychology Consultant and personal trainer for various high schools, ice skating and gymnastic centers.
- Conduct a variety of presentations on topics in sport injury prevention.

3959 Welsh Rd # 184 Willow Grove, PA 19090

www.sportfitnessconsulting.com

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- 2007 to 2010 **Connecticut Children's Medical Center, Sport Injury Prevention**
Program Manager & Research Coordinator
- Established, developed, and coordinated a brand-new sport injury prevention program.
 - Conducted various lectures and presentations on sport injury prevention and sport psychology.
 - Trained athletes in strength and conditioning, sport specific and performance enhancement (pre and post injury).
 - Trained Certified Athletic Trainers and Physical Therapists to run clinically based sport injury prevention programs out in community.
 - Educated and trained physical education teachers and coaches on proper body mechanics in specific exercises.
 - Assisted concussed athletes.
 - Coordinated and managed all aspects of clinical trials to ensure compliance with protocols, regulations, and standard operating procedures.
 - Prepared IRB submissions, skilled in research compliance, maintained ongoing study data and regulatory documents.
 - Created databases and input information (SPSS 16.0).
- 1994 to 1998 **Maricopa County Juvenile Court Center, Phoenix, AZ**
Juvenile Probation Officer II/Case Manager

TEACHING EXPERIENCE

- Present **Montgomery Community College**
Adjunct Professor, Exercise Science and Wellness, Health Science Division
- Introduction to Exercise Science, Wellness and Sport Studies
- 2017 to Present **Southern New Hampshire University (Online)**
Adjunct Faculty, College of Online and Continuing Education
- Instruct undergraduate courses in the School of Psychology.
- 2011 to Present **Ohio University (Online)**
Adjunct Faculty, Dept. of Recreation and Sport Pedagogy
- Instruct and design curriculum for graduate courses for coaching education graduate program:
- Injury Recovery
 - Psychology of Coaching
 - Performance and Conditioning for Coaches
 - Foundations of coaching.
 - Injury Prevention and Risk Management
 - Research and Analysis Methods
 - Finance for Sport Coaches

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- 2011 to **Universal AudenRied Charter High School**
2014 *Teacher; Physical Education and Health Dept. Chair*
- Development and implementation of Health and Physical Education curriculum. Taught Sports Medicine/Athletic Training.
- 2007 to **Ethel Walker School**
2010 *Instructor-Trainer*
After school Health/Wellness Conditioning and Sport Injury Prevention program conducting in weight room, courts and fields.
- 2011 to **Argosy University (Online)**
2014 *Adjunct Faculty*
- 2006 to **University of Phoenix/Axia College (Online)**
2007 *Instructor*
- 2005 to **NAFI INC, Stepping Stone School and Touch Stone School, Waterbury/Torrington,CT**
2007 *Physical Education and Health Coordinator*
- Physical Education and Health coordinator for girls ages 12-18 in a secured facility.
 - Coordinated Health and Physical Education classes, including instruction of low ropes adventure courses.
- 2003 to **John Adams High School, Queens, NY**
2005 *Physical Education Teacher-Dean of Students*
- *Dean of Students*-acted in an administrative capacity to assist with student behaviors and various other duties.
- 2000 to **Cesar Chavez High School, Phoenix, AZ**
2003 *Teacher*
- Physical Education and Weight Training
- 1999 to **Willis Junior High School, Chandler, AZ**
2000 *Teacher*
- Physical Education and Weight Training.
- 1998 to **Gilbert High School, Gilbert, AZ, Teacher**
1999
- 1997 to **Arizona Career Academy, Charter School, Mesa, AZ**
1998 *Teacher*

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- 1997 **Durango Detention Facility / Juvenile Court Center**, Phoenix, AZ
- *Student Teacher Physical Education/Health*

Weight Room Teaching and Supervision

2017-Present- YMCA- Ambler – Wellness Instructor
2003-2004 Coliseum Gym, NY, Personal Trainer/Fitness Director
2005-2006-Gold's Gym, CT, Group Instructor
2003-2005-World Gym -New York, Personal Trainer
1998-2007,2012-2015-Coach, Physical Education Teacher, Trainer
1994-1995-LA Fitness Personal Trainer, Chandler, AZ
1994- Arizona State University Athletic Weight Room-Coaches Assistant
1991-1993 Arizona State University Recreation Complex- Equipment and Weight Room Monitor

Coaching Experience

Basketball

Head Coach: Glenside Girls Youth Basketball, 2018-Present
Head Youth Boys and Girls Basketball Coach, Roslyn Boys and Girls Club, 2016-Present
Cesar Chavez High School Phoenix, AZ, Coach: Head Girls Varsity Basketball, Head Coach: Eastern Invitational Girls Basketball Camp, NJ: Conducted lectures on defense, shooting technique, and academics, 1991, 1993, 2002
Head Coach: Arizona Mystique Girls Basketball Club (AAU), AZ, 2000-2002
Coach: Down under Hoops Classic, Gold Coast/Australia: Coached a girl's high school all-star team to represent the state of Arizona in Tournaments in Australia, 2000
Head Coach: Devil Cats Girls Basketball Club (AAU), AZ. 1999
Assistant Varsity Coach: Gilbert High School, AZ, summer 1999
Head Boys Coach: City of Scottsdale, AZ, 1991-1994, 1997
Coach: Pump Brothers Inc. Boys Basketball Camp, CA, 1993
Coach: Bill Frieder Basketball Camp, AZ, 1991-1992
Head Boys Coach: City of Tempe, AZ, 1990
Assistant Coach: AAU Liberty Belles, NY, 1989

Softball

U8 Girls Softball Coach, Roslyn Boys and Girls Club, 2014-Present
Junior Varsity and Assistant Varsity Softball 2000-03

Volleyball

Head Girls Volleyball Coach: Girls 7th and 8th Grade, Queen of Peace, Glenside, PA, 2014- Present
Freshman Volleyball, Assistant. Varsity Volleyball (2000-03)

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PROFESSIONAL CERTIFICATIONS

Teaching

New York State Permanent Teaching License: Secondary P.E.
Pennsylvania Teaching Certificate: Physical Education K-12: 2016
Connecticut Provisional Certificate: Physical Education K-12: 2016
Arizona Teaching Certification: Social Studies, Health/P.E. K-12: 1997-2006
North East Adventure High and Low Ropes Certification (2005)

Fitness-Training-Coaching

International Fitness Professional Association (IFPA) Fitness Facilities Management Certification
IFPA: Functional Anatomy Specialist
IFPA- Certification Biomechanics of Sports and Exercise (2016-18)
American Sports and Fitness Association: Cycling Instruction (2017-18)
IFPA-Functional Training for Sports
Life Fitness Equipment Technician
NFHS Level 2 Certified and Accredited Interscholastic Coach
NFHS Heads Up Football High School Coach Certificate

CPR/AED/Basic First Aid Certified

Administering Emergency Oxygen: First Aid:
CPR/AED for Professional Rescuers 11/ 2021

Gymnastics-Trampolines

IATP- International Association of Trampoline Parks,
Level 2: Certified Service Technician (CST-2)

School of Competitive Gymnastics: Gymnastics for All:

USA Gymnastics University- Junior Olympic Development Coach
Fundamentals of Gymnastics Instruction
U101 Safety/Risk Management Certification 2013 Edition
U102 USA Gymnastics: First AID
U103 USA Gymnastics: Fitness
U200 Development Coach Course: Sport Science
R101 School of Recreational Gymnastics: Pre-School Fundamentals Theory
T200 School of Competitive Gymnastics:
Trampoline and Tumbling Development Coaches Course (Level 1) U110-USOC/USAG Safe Sport Course

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Pennsylvania Department of Agriculture-Amusement Ride Inspector -Extreme Sports (2015-present)

Continuing Education

PA Amusement Ride Safety Seminar certification courses:

- Zip Lines/Rope Wire (Inspection)
- Climbing Walls
- Recreational Facility Inspection
- Trampoline Park Safety and Inspection
- Obstacle Course Design, Safety and Inspection

American Association of Cheerleading Coaches and Administrators

- Spirit Safety Certification

National Federation of State High School Associations Courses (NFHS)

- Strength and Conditioning
- First Aid, Health and Safety for Coaches
- Blocking, Tackling and Equipment Fitting
- Heads Up Football
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Concussion in Sports
- Coaching Cheer and Dance
- Cheer Safety Certification
- Fundamentals of Coaching
- Creating a Safe Environment for Athletes
- Bullying, Hazing, and Inappropriate Behaviors
- Sportmanship

Sport Safety International Courses for Coaches

- Concussionwise
- Cardiacwise
- Heatwise

Center for Disease Control and Prevention

- Heads up to Clinicians: Addressing Concussion in Sports among Kids and Teens

Catholic Coaching Essentials Course

- A sport-neutral course centering on general coaching principles, sport first aid, and team management.

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PUBLICATIONS

Miele, L., (May/2020). Risk Management-Injury Prevention: Amusement Course Safety. *Recreation Management*

Miele, L. "Psyche of the Injured Athlete." story submitted in Sachs, M., Tashman., Razon, S. (2020). Performance Excellence: Stories of Success from the real World of Sport and Exercise Psychology. (p. 201-203)

Miele, L (2016). Standards of Care and Utility for New Personal Training Directors. Operations: Familiarize yourself and your staff with key components of safe practices. [IDEA Fitness Manager](#), Volume 28, Issue 1.

Miele-Pascoe, L, & Giordano-Autret, D. (2015) [Fitness facility Operations: a forensic perspective](#). Int. J. of Forensic Engineering, 2015 Vol.2, No.4, pp. 286 – 292.

Miele, L. "Healing in the Pool: A Journey to the Ring after Back Surgery," *Swimming World*, <http://www.swimmingworldmagazine.com>, March 17, 2015.

Miele, L. "The Importance of Failure: A Culture of Success." *Psychology Today*, Monthly Sport Psychology Blog: The Whole Athlete, www.psychologytoday.com, March 2015.

Miele-Pascoe, L. (November 2014). Concussion Culture: How to Protect Young Athletes. *Scientific American*. <http://blogs.scientificamerican.com/mind-guest-blog/2014/11/24/concussion-culture-how-to-protect-young-athletes>.

Psychology Today, Monthly Sport Psychology Blog: The Whole Athlete. www.psychologytoday.com, October 2014.

Miele, L. (2010) Why Sports are Good for Kids. <http://www.Livestrong.com>.

Miele, L. (2010) Plyometric Training for Basketball. <http://www.Livestrong.com>.

Miele, L. (2010) [Vancouver Olympics 2010: How Can We Give Athletes an Edge on Injury Rehabilitation?](#) Podium Sports Journal.
<http://www.podiumsportsjournal.com/vancouver-olympics-2-18-2010>.

Miele, L., Giachetti, D., & Thompson, M. (2010). Preventing Injuries: Teacher Resource Guide. Human Media Relations, Inc.

Miele, L., MD, Fitzsimmons, K., ATC, CSCS, Lerer, T., MS, & Lapidus, G PA-C MPH December (2009). Knowledge of knee injury prevention attitudes and practices among high school coaches. *Journal of Coaching Education*.

Nissen C.W., & **Miele, L.** (Spring, 2009). Injury Prevention: There's more to it than you think. Connecticut State Medical Society; [The Sports Med Newsletter](#).

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Miele, L. (2007). The Effects of Providing Procedural and Sensory Information on Preoperative Anxiety and Post-Operative Pain in Patients Undergoing ACL

Reconstruction (can be accessed through www.proquest.com, unpublished doctoral dissertation.

EDITOR/PEER REVIEWER

Journal of International Forensic Engineering
Journal of Law, Medicine and Ethics

PRESENTATIONS

Amusement Challenge Risk Management and Course Supervision, Pennsylvania Amusement Park Seminar. March, 2020

Amusement Challenge Risk Management and Course Supervision, Pennsylvania Amusement Park Seminar. November 2019

Trampoline Park Facility Supervision and Safety, Pennsylvania Amusement Park Seminar, November-2018, March-2019.

Standard of Care: Preventing Injuries in Sport, Recreation and Fitness Facilities, Lancaster Justice Association CLE Course, February 6, 2015.

Standard of Care: Preventing Injuries in Sport, Recreation and Fitness Facilities, Romano Group and Florida Justice Association CLE Course, August 28 2014.

Preventing Athletic Injuries, Ohio University, via Adobe Connect, June 29, 2011.

Sport Injury Prevention: Overview and Dynamic Warm-Up. St. Paul's High School, Bristol CT, September 16, 2009.

Anxiety and Mental Preparation in Sport. Southington High School Volleyball Team, Southington, CT, September 4, 2009.

Dynamic Warm-up and Sport Injury Prevention, UK International Soccer Camp, July 22, 2009.

Prevention of Lower Extremity Injuries, 14th Sports Medicine Symposium/Select Physical Therapy. Farmington, CT, August 4, 2009.

Sport Injury Prevention Overview and Epidemiology. CT Children's Medical Center, Hartford, CT, May 5, 2009.

Sport Injury Prevention Program: How do we prevent Injury? Safe Kids Coalition, Newington, CT, April 12, 2009.

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The Complete Basketball Player, Long Meadow HS Girls Varsity. Long Meadow, MA, February 2009.

Dynamic Warm Up, U.S. Lacrosse Foundation Coaches Conference. New Haven, CT, January 2009.

The Mental Components of the Complete Field Hockey Player, The Ethel Walker School, Simsbury, CT October 6, 2008.

Mental Strategies for the Complete Athlete, Connecticut Wave Organization, June 12, 2008.

Psychology of Injury, Elite Sports Medicine, Farmington, CT, March 10, 2008.

The Effects of Providing Procedural and Sensory Information on Preoperative Anxiety and Post-Operative Pain in Patients Undergoing ACL Reconstruction. University of CT Health Ctr., Department of Orthopaedics and Sports Medicine, Orthopaedic Scholars Seminars. Farmington, CT, March 4, 2008.

Performance Anxiety and Sport Injury Prevention, U.S. Lacrosse Foundation Coaches Conference. Quinnipiac University, Hamden, CT, January 13, 2008.

PROFESSIONAL MEMBERSHIPS

AAPHERD - American Alliance for Health, Physical Education, and Dance (SHAPE America)

ACSM - American College of Sports Medicine

- o Professional Education Committee

ASTM - (F-24) American Society for Testing and Materials (International)

- F15.07 Sports Equipment and Facilities

- F24.61 Trampoline Court Task Group

- F08.30-Fitness Equipment

IDEA - Health and Fitness Association

NFHS - National Federation of State High School Associations

NSCA - National Strength and Conditioning Association

IATP-International Association of Trampoline Parks

USA Gymnastics

USA Football

USA Boxing

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PAST PROFESSIONAL MEMBERSHIPS

IDEA - Health and Fitness Association
PAADS – Professional Association of Athlete Development Specialists (2017-19)
US Lacrosse, 2018-2019
NEA – National Education Association, 1996-2001
CEA – Correctional Education Association, 1997-1999
WBCA – Women’s Basketball Coaching Association, 2001-2005
APA – American Psychological Association: Division 47, 1999-2010
NASPE - National Association for Sport and Physical Education 1999-2016

PERSONAL/ATHLETICS/AWARDS

Hall of Fame Inductee: Christ the King High School, 2020
Teacher of the Year 2013: Universal AudenRied Charter High School
New York City Golden Gloves Semi Finalist, 2004
Women’s semi-pro football (AZ Titans/Caliente), 2001-2003
Hall of Fame Committee, Arizona State University, 1999-2003
Extensive travel to Europe-Softball and Basketball (Australia, Rome, Milan, Italy
Munich and Kiel, Germany-Helsinki, Finland), 1988, 1996, 2001
Recipient of Women’s Division I Basketball Scholarship, 1989