

# Miele Forensic Consulting

LAURA MIELE, PH D, CST-2

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## 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- **Miele Forensic Consulting**

Present

*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 **Robson Forensic, Inc.**

2019

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

present

*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.

### 2007 to **Connecticut Children's Medical Center, Sport Injury Prevention**

2010

*Program Manager & Research Coordinator*

- Established, developed, and coordinated a brand-new sport injury prevention program.

3959 Welsh Rd # 184 Willow Grove, PA 19090

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- 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 **Maricopa County Juvenile Court Center**, Phoenix, AZ

1998 *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 **Southern New Hampshire University (Online)**

Present *Adjunct Faculty, College of Online and Continuing Education*

- Instruct undergraduate courses in the School of Psychology.
- Social Psychology, Health Psychology, Personality Theories, Sport Psychology and, Criminal Psychology

2011 to **Ohio University (Online)**

Present *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/Boxing Trainer-Group Instruction  
2003-2004 Coliseum Gym, NY, Personal-Boxing Trainer/Fitness Director  
2005-2006-Gold's Gym, CT, Group Instructor -Boxing Trainer  
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, 2018-2020  
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

### Boxing

Lost Battalion Hall 2004-5, trained boxers and worked corner of white collar and golden glove fights.

### Softball

12U Magnitude Girls Softball Club -2020  
5-7U & 8-10U Girls Softball Coach, Roslyn Boys and Girls Club, 2014-2017  
Junior Varsity and Assistant Varsity Softball-Cesar Chavez HS-Phoenix, 2000-03

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## Volleyball

Head Girls Volleyball Coach: Girls 7<sup>th</sup> and 8<sup>th</sup> Grade, Queen of Peace, Glenside, PA,  
2014- Present

Freshman Volleyball, Assistant. Varsity Volleyball (2000-03)

## **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 Challenge 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](http://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](http://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](http://www.proquest.com), unpublished doctoral dissertation.

## EDITOR/PEER REVIEWER

Journal of Leisure and Recreation Patterns (JLRP)

Journal of International Forensic Engineering

Journal of Law, Medicine and Ethics

## PRESENTATIONS

Team Dynamics and Mental Training. Newtown Rock 14u Girls Softball Club, Jan. 31, 2021

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, 14<sup>th</sup> 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

- Professional Education Committee
- Operational Codes and Credentialing 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

TBA-Amusement Challenge Areas-Co Chair

IDEA - Health and Fitness Association

NRPA-National Recreation and Parks Association

NFHS - National Federation of State High School Associations

NSCA - National Strength and Conditioning Association

IATP-International Association of Trampoline Parks

AASP-Association for Applied Sport Psychology

RSAI- Roller Skating Association International

USA Gymnastics

USA Football

USA Boxing

USA Volleyball

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## PAST PROFESSIONAL MEMBERSHIPS

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