

Miele Inspections and Consulting

LAURA MIELE, PH D, CST-2

LMMconsulting19@gmail.com

LM@bicoastalforensics.com

347-400-0750

2019- Present **Miele Inspections and Consulting** -Bi Coastal Forensics, LLC (affiliate)

Sport, Fitness and Recreation Forensic Expert Witness

- Provide technical analysis, investigations, report's and testimony and inspections:
 - Fitness Facilities
 - Personal Training
 - Physical Education
 - Sport and Recreation
 - School Supervision
 - Injury Prevention
 - Proper Training Practices and Procedures in Sport
 - Safe Environment for Athletes
 - Trampoline Parks/Adventure Courses
 - Gymnastics
 - Concussion Protocol
 - Mandated Reporting/Abuse in Sport
 - Emergency Preparation and Response in Schools, Fitness and Sport Facilities

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

Associate, Sport, Fitness and Recreation Forensic Expert Witness

- Provided technical investigations, analysis, reports, and testimony toward the resolution of commercial and personal injury litigation involving physical education, sporting events, sports equipment, fitness facilities and personal athletic training.

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

Owner, Personal Trainer and Sport Psychology Consultant

- Sport Psychology Consultant for various high schools, ice skating and gymnastic centers.
- Manages own business consulting healthy and injured athletes on pre and post performance anxiety, mental strategies, post surgical pain, dealing with injury and transition in and out of sport.
- Conduct a variety of presentations on topics in sport psychology and sport injury prevention.

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- Personal training for private and corporate clients, including but not limited to, strength and conditioning, resistance training, and circuit/group type training.
- Assist concussed athletes with dealing with and understanding the symptoms of concussion. Provide methods to practice relaxation through the use of sport psychology fundamentals.
- Train basketball players in fundamentals of shooting and ball handling.
- Conduct basketball clinics for high school male and female basketball players.
- Train young athletes in sport specific fundamentals, weights, resistance and in 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.
- Coordinated and managed all aspects of clinical trials to ensure compliance with protocols, regulations, and standard operating procedures.
- Conducted various lectures and presentations on sport injury prevention and sport psychology.
- Trained athletes in strength and conditioning, sport specific and performance enhancement.
- Trained Certified Athletic Trainers and Physical Therapists to run clinically based programs out in community.
- Educated and trained physical education teachers and coaches on proper body mechanics in specific exercises.
- Assisted concussed athletes with relaxation techniques through the use of sport psychology fundamentals.
- Prepared IRB submissions, skilled in research compliance, maintained ongoing study data and regulatory documents.
- Created databases and input information (SPSS 16.0).

2007 to **PDS Technical, Corporate Trainer**

2009

1994 to **Maricopa County Juvenile Court Center, Phoenix, AZ**

1998 *Juvenile Probation Officer II/Case Manager*

- Worked as needed in all facets of the Juvenile Court Center.
- Supervised detained juveniles in a secure facility.
- Organized extracurricular activities involving but not limited to weight training and fitness fundamentals.
- Life skills facilitator: anger management, parent-child mediations and substance abuse programs.

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TEACHING EXPERIENCE

- Present **Southern New Hampshire University (Online)**
Adjunct Faculty, College of Online and Continuing Education
- Instruct undergraduate courses in the School of Psychology.
 - Health and Social 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 Master's 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
- 2011 to 2014 **Universal AudenRied Charter High School**
Teacher; Physical Education and Health Dept. Chair
- Development and implementation of Health and Physical Education curriculum. Taught Sports Medicine/Athletic Training.
- 2007 to 2010 **Ethel Walker School**
Instructor
After school Health/Wellness Conditioning and Sport Injury Prevention program.
- 2011 to 2014 **Argosy University (Online)**
Adjunct Faculty
- Instructed Sport Psychology courses.
- 2006 to 2007 **University of Phoenix/Axia College (Online)**
Instructor
- Critical Thinking for Associate Degree students.
- 2005 to 2007 **NAFI INC, Stepping Stone School and Touch Stone School, Waterbury/Torrington,CT**
Coordinator
- Science Teacher
 - Physical Education and Health coordinator for girls ages 12-18 in a secured facility.

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- Coordinated Health and Physical Education classes, including instruction of low ropes courses.

2003 to **John Adams High School**, Queens, NY

2005 *Teacher-Dean of Students*

- Developed and instructed elective classes in cardio boxing, step aerobics and bowling.
- *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/Mentor*

- Assisted in the development of health and physical education curriculum and athletic program.
- Mentored students on academics and life skills.

1999 to **Willis Junior High School**, Chandler, AZ

2000 *Teacher*

- Physical Education and Weight Training.

1998 to **Gilbert High School**, Gilbert, AZ

1999 *Teacher*

- World History and Geography.
- Chair: Critical Thinking Committee (NCA).

1997 to **Arizona Career Academy, Charter School**, Mesa, AZ

1998 *Teacher*

- Facilitated a computer based curriculum (Math, Science, and Social Studies).

1997 **Durango Detention Facility / Juvenile Court Center**, Phoenix, AZ

Student Teacher

- Physical Education/Health and Social Studies.

Coaching

Head Coach: Glenside Girls Youth Basketball

Head Youth Boys and Girls Basketball Coach, Roslyn Boys and Girls Club, 2016-Present

Head U8 Girls Softball Coach, Roslyn Boys and Girls Club, 2014-Present

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

Cesar Chavez High School Phoenix, AZ

Coach: Head Girls Varsity Basketball, Freshman Volleyball, Junior Varsity Softball.

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Conducted basketball tournaments and clinics, 2000-2003

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

- Originator of this basketball program.
- Assisted with student-athlete the athletic recruitment process.
- Traveled extensively throughout the Southwest to gain college exposure.

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. Traveled extensively throughout the country to gain college exposure, 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; Scouted upcoming opponents and kept statistics of games, 1989

EDUCATION

Doctorate in Psychology, emphasis in Sport and Counseling, Capella University, MN,
Masters of Arts in Education, Diverse Learner/Administration, University of Phoenix, AZ
Bachelors of Science, Exercise Science: Physical Education, Arizona State University, AZ

PROFESSIONAL CERTIFICATIONS

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

IFPA- Certification Biomechanics of Sports and Exercise

IFPA Fitness Facilities Management Certification

Life Fitness Equipment Technician

NFHS Level 2 Certified and Accredited Interscholastic Coach

NFHS Heads Up Football High School Coach Certificate

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

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Adult CPR/AED/Basic First Aid
Emergency Oxygen Administration in Adult Patients
Obstacle Race Training
American Sports and Fitness Association: Cycling Instruction
North East Adventure High and Low Ropes Certification (2005)

CPI/Crisis Prevention Intervention (1994-8, 2005)
Adult CPR/AED

Continuing Education

- PA Amusement Ride Safety Seminar
- Rope Wire Courses (Inspection)
 - Facilities' Inspection
 - Trampoline Park Safety and Inspection
 - Obstacle Course Design, Safety and Inspection
 - International Fitness Professional Association (IFPA) Functional Training for Sports

National Federation of State High School Associations Courses (NFHS)

- Blocking, Tackling and Equipment Fitting
- Concussion in Sports
- Coaching Cheer and Dance
- Coaching Pole Vault: Successful Skill Development
- Engaging Effectively with Parents
- Fundamentals of Coaching
- First Aid, Health and Safety for Coaches
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Strength and Conditioning
- Sportsmanship
- Teaching and Modeling Behavior
- Bullying, Hazing, and Inappropriate Behaviors
- Creating a Safe Environment for Athletes

GYMNASTICS and CHEERLEADING

School of Competitive Gymnastics: Gymnastics For All: Junior Olympic Development Coach

- USA Gymnastics University
- Fundamentals of Gymnastics Instruction
 - U101 Safety/Risk Management Certification 2013 Edition
 - U102 USA Gymnastics: First AID
 - U103 USA Gymnastics: Fitness

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- 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)

American Association of Cheerleading Coaches and Administrators

- Spirit Safety Certification

SPORT-ATHLETE SAFETY

U.S. Center for SafeSport:

- Sexual Misconduct Awareness Education
- Mandatory Reporting: Understanding your Responsibilities
- Emotional and Physical Misconduct

U110-USOC/USAG Safe Sport Course

- Provides important training about the nature of misconduct in sport and gives information to better protect athletes.

Sport Safety International Courses for Coaches

- Concussionwise PRO for Coaches 2013 - Education program for coaches to understand the signs, symptoms and treatment of concussions.
- Cardiacwise 2013 - Education program for prevention of sudden cardiac arrest in athletes.
- Heatwise 2013 - Education program for prevention of heat illness in athletes.

Center for Disease Control and Prevention

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

Office for Child Protection and Youth Services Training Institute

- Safe Environment Part II-Mandatory Reporting of Suspected Child Abuse

VIRTUS

- Child Sexual Abuse Awareness
- Protecting God's Children

Catholic Coaching Essentials

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

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PUBLICATIONS

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.

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

“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](#).

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

Peer Reviewer for the Journal of International Forensic Engineering
Journal of Law, Medicine and Ethics

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PRESENTATIONS

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.

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.

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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
ASTM - (F-24) American Society for Testing and Materials
15.07 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
IDEA - Health and Fitness Association
PAADS – Professional Association of Athlete Development Specialists
US Lacrosse
USA Gymnastics

PAST PROFESSIONAL MEMBERSHIPS

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

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

EXPERIENCE OVERVIEW

MIDDLE-HIGH SCHOOL EDUCATION: ALTERNATIVE/ADMINISTRATION POLICY EXPERIENCE

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Dean of Students, John Adams High School, Queens, NY

Education Leadership: Administration and Supervision (PA)

- 2012 – Passed Praxis (0411) certification examination
- Collaborated with secondary school principal regarding the disciplinary actions of students.
- Participated in Disciplinary Review Board and other hearings, including legal proceedings regarding student disciplinary issues.
- Student advisement
- Collaborated with the faculty in the enforcement and implementation of the rules and regulations of the student code of conduct to effect positive student behavior in the school.
- Supervised the development, implementation, distribution and orientation of the student handbooks to ensure that the students were aware of the policies and procedures of the high school and district.
- Participated in the coordination, implementation and supervision of the students during extracurricular programs and student activities within the school.
- Supervised the high school breakfast and lunch programs.
- Served on committees and other groups charged with enhancing safety and emergency preparedness.
- Supervised all extended day academic activities.
- Supervised the arrival and departure procedures of students in order to ensure student safety.
- Trained in and implemented de-escalation techniques and restraint procedures in Crisis Prevention Intervention Techniques (CPI).

PHYSICAL EDUCATION/HEALTH /LIFE SKILLS COORDINATOR EXPERIENCE

NAFI INC, Stepping Stone and Touch Stone Schools, Waterbury and Torrington, CT

- Touch Stone is a staff-secure residential treatment program serving girls between the ages of 12 and 18 who are committed to the Department of Children and Families.
- Prevented altercations between students.
- Responded to behavioral crisis incidents involving students.
- Provided and practiced effective Emergency Response methods within the school.
- Wrote incident reports and coordinated documentation of adverse events.
- Trained and implemented de-escalation Crisis Prevention Intervention (CPI) techniques and implemented restraint procedures when needed.

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CHILD SUPERVISION EXPERIENCE

- Developed, implemented, and evaluated supervision for after school sport/recreation programs and basketball camps.
- Created, taught, and evaluated age and skill appropriate activity programs for physical education classes and sporting events.
- Planned, organized, and directed recreational and competitive sporting events for children and youth sports.
- Transported athletes to and from camp and other competitive sporting events.
- Organized, coached, developed and traveled with basketball teams both nationally and internationally.
- Mandated report, specific training in child abuse reporting.

AT-RISK SCHOOLS AND FACILITIES EXPERIENCE

Durango Maricopa County Juvenile Court Center, Phoenix, AZ

Positions in this setting included **Juvenile Intensive Probation Officer II/Case Manager, Teacher and provision of Youth Transportation.**

- Worked in all facets of a juvenile secured facility.
- Coordinated and implemented substance abuse and anger management courses.
- Conducted unit searches and proper admission procedures.
- Taught in the secured facility as a student teacher and substitute teacher.
- Responded to student behavioral issues.
- Conducted child-parent mediation sessions.
- Assisted in creating and participated in Emergency Response procedures.
- Wrote Incident reports and coordinated documentation of adverse events.

Juvenile Probation II/Case Manager/Transportation Officer

- Trained in the transportation of at risk youth to outreach centers, jails, court and hospital/medical visits.
- Observed, prepared and reported accurate data regarding student conduct and behavior.
- Placed restraining devices on the offender(s) for security purposes while transporting and assured secure environment when devices were removed.
- Counseled offender(s), as appropriate, to maintain a stable environment, especially those with behavioral, mental health or physical disabilities.
- Coordinated and distributed all related travel and court documents.

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- Prepared written records and reports related to the work.
- Participated in searches for escaped offenders.
- Trained in security procedures and techniques in school setting and juvenile jail.
- Obtained knowledge of Maricopa Court system rules, regulations, policies, and procedures.
- Knowledgeable in the techniques utilized in detection of weapons, restraint application, radio communication and emergency procedures.
- Knowledgeable in offender health care standards and procedures with regard to contagious diseases and basic first aid procedures.

DOCTORAL AND PROFESSIONAL RESEARCH INTERESTS

Sport, Fitness, Education Research (1992-Present):

Trampoline Park and Obstacle course injury
Sport injury prevention in physical education (translation into athletics)
Safe practices in sports Psychology of injury
Knee injury prevention programs
Development of knee injury programs
Performance anxiety and physical conditioning
Translation of psychological practice to physical practice in gymnastics (overcoming fear of re-injury)
Sport injury prevention in cheerleading and fundamental techniques
Landing techniques in ice skating and gymnastics
Training injured athletes Concussion in sports
Safe practices in Gymnastics and Cheerleading Sport injury and anxiety
Pain and anxiety in surgical patients
Pain and anxiety in anterior cruciate ligament reconstruction surgery
Anterior cruciate ligament injury and anxiety
Mental imagery, motivation and anxiety
Cognitive thought and memory
Cognitive behavior and sport injury rehabilitation
Counseling injured athletes in the training room
Visualization and sport injury recovery
Sport psychology counseling in the athletic training rooms
Jumping and landing fundamentals
Plyometrics
Emergency Response and Action Plans
The impact of injury on athletes Sport injury and rehabilitation Personal training and fitness safe practices
Emergency Response and First Aid Course
Human Anatomy and Physiology
Movement Analysis Lab Motor Learning

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Exercise Physiology

Biomechanics Education Research (1997-Present):

Alternative Education Correctional

Education At-risk programs, instructional strategies and the alternative school environment

Delinquent behavior and recidivism

Adaptive Physical Education

Curriculum Design and Development

Curriculum development for alternative education settings

Education administration and the role of the principal

Human Development

Human Relations and Organizational Behavior Models of Discipline

Classroom Management

Alternative Schools and Student Success

EXPERT NOT RETAINED