

# Robson Forensic

Engineers, Architects, Scientists & Fire Investigators

**LAURA M. MIELE, PH.D.**  
**Sports and Recreation Expert**

## PROFESSIONAL EXPERIENCE

2010 to **Robson Forensic, Inc.**

present *Associate*

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

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

present *Program Manager & Research Coordinator*

Under the supervision of the Injury Prevention Center and Elite Sports Medicine, establish, develop, and coordinate a new sport injury prevention program. Provide excellent customer service to parents, coaches and students. Assist in safe preventative practices of sport teams and clubs. Train athletes in strength and conditioning, sport specific and performance enhancement. Train Certified Athletic Trainers and Physical Therapists to run clinically based programs out in community. Educate and train physical education teachers and coaches on proper body mechanics in specific exercises. Conduct various lectures and presentations on sport injury prevention and sport psychology. Assist concussed athletes with relaxation techniques through the use of sport psychology fundamentals. Coordinate and manage all aspects of clinical trials to ensure compliance with protocols, regulations, and standard operating procedures. Prepare IRB submissions; maintain ongoing study data and regulatory documents. Create databases and input information (SPSS 16.0).

2007 to **Mind Over Body Athletics, LLC**

present *Owner, Personal Trainer and Sport Psychology Consultant*

Consult 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. Train basketball players in fundamentals of shooting and ball handling. Run basketball clinics for high school male and female basketball players. Assist young athletes in sport specific fundamentals, weights, resistance and in injury prevention. Act as a Sport Psychology Consultant for various high schools, ice skating and gymnastic centers in Hartford County.

2007 to **PDS Technical, Corporate Trainer**

2009 Subcontracted to instruct voting officials on the utilization of the new electronic system of voting.

# Robson Forensic

Engineers, Architects, Scientists & Fire Investigators

## LAURA M. MIELE, PH.D. Sports and Recreation Expert

1994 to 1998 **Maricopa County Juvenile Court Center**, Phoenix, AZ  
*Juvenile Probation officer II/Case Manager*  
Worked as needed in all facets of the Juvenile Court Center. Supervised detained juveniles in a secure facility. Acted on behalf of probationer in court hearings and proceedings. Organized extra curricular activities involving but not limited to weight training and fitness fundamentals. Facilitated with life skills: anger management, parent-child mediations and substance abuse programs.

### TEACHING EXPERIENCE

### TEACHING EXPERIENCE

08/11 to present **Universal Audenried Charter School**  
*Instructor*  
High School health and physical education.

02/11 to present **Ohio University**  
*Adjunct Faculty*  
Instruct and Create online courses for the Sport and Recreation Pedagogical Department/Masters for Coaching Education.

2007 to present **Ethel Walker School**  
*Instructor*  
After school fitness conditioning and knee injury prevention program.

2006 to 2007 **University of Phoenix/Axia College**  
*Instructor*  
Online course: Critical Thinking for Associate Degree students.

2005 to 2007 **NAFI INC, Stepping Stone**, Waterbury, CT  
*Coordinator*  
Physical Education and Health coordinator for girls ages 12-18 in a secured facility.

2003 to 2005 **John Adams High School**, Queens, NY  
*Teacher*  
Dean of students (03-04)/Physical Education. Instructed elective classes in cardio boxing, step aerobics and bowling.

2000 to 2003 **Cesar Chavez High School**, Phoenix, AZ  
*Teacher/Mentor*  
Physical Education/Health and Weight Training. Mentored students on academics and life skills.

# Robson Forensic

Engineers, Architects, Scientists & Fire Investigators

## LAURA M. MIELE, PH.D. Sports and Recreation Expert

1999 to 2000 **Willis Junior High School, Chandler, AZ**  
*Teacher*  
Physical Education and Weight Training.

1998 to 1999 **Gilbert High School, Gilbert, AZ**  
*Teacher*  
World History and Geography.  
Chair: Critical Thinking Committee (NCA).

1997 to 1998 **Arizona Career Academy, Charter School, Mesa, AZ**  
*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/TRAINING EXPERIENCE

#### **Personal-Group Training:**

Conduct Basketball, Strength and Conditioning and Personal training for private and corporate clients, 1995-present.

#### **Boxing:**

Trained, worked corner and consulted amateur boxers for golden glove and various bouts, 2004-2007.

#### **Gym and Fitness Training:**

World & Coliseum, NY, 2003-2004; Gold's Gym, CT, 2005-2006.

Trained, instructed and consulted on the fundamentals of boxing, cardiovascular fitness, endurance, strength, agility and resistance training with amateur athletes and people in and outside of a fitness facility. Taught classes in step aerobics, circuit training and cardio-boxing in various gyms. Training was not limited to physical training alone, implemented sport psychology fundamentals such as mental imagery/training, relaxation exercises to assist in the adherence to exercise and sport injury rehabilitation.

#### **Coaching:**

Coach: Head Girls Basketball, Freshman Volleyball, Junior Varsity Softball, Cesar Chavez High School Phoenix, AZ: Conducted basketball tournaments and clinics. 2000-2003

# Robson Forensic

Engineers, Architects, Scientists & Fire Investigators

## LAURA M. MIELE, PH.D. Sports and Recreation Expert

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

Coach: Eastern Invitational Girls Basketball Camp, NJ: Conducted lectures on defense, shooting technique, and academics. 1991, 1993, 2002

Head Coach: Devil Cats Girls Basketball Club, 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

## PROFESSIONAL CERTIFICATIONS

Pennsylvania Certificate: In Process

Connecticut Provisional Certificate: Physical Education K-12: 2016

New York State Permanent Teaching License: Secondary P.E.

CPI/Crisis Prevention Intervention

CPR/Advanced First Aid

## EDUCATION

Doctorate in Exercise and Sport Psychology, Capella University, MN, 2007

Masters of Arts in Education, Diverse Learner/Administration, University of Phoenix, AZ, 1998

Bachelors of Science, Exercise Science: Physical Education, Arizona State University, 1994

## PROFESSIONAL MEMBERSHIPS

National Federation of State High School Associations (NFHS)

National Strength and Conditioning Association

American Alliance for Health, Physical Education, Recreation and Dance

# Robson Forensic

Engineers, Architects, Scientists & Fire Investigators

**LAURA M. MIELE, PH.D.**  
**Sports and Recreation Expert**

## PUBLICATIONS

**Miele, L.** (2010) [Vancouver Olympics 2010: How Can We Give Athletes an Edge on Injury Rehabilitation?](http://www.podiumsportsjournal.com/vancouver-olympics-2-18-2010) 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](http://www.proquest.com), unpublished doctoral dissertation).

## PRESENTATIONS

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

Anxiety and Mental Preparation in Sport. Southington High School Volleyball Team, Southington, CT, September 4<sup>th</sup>, 2009.

Dynamic Warm-up and Sport Injury Prevention, UK International Soccer Camp, July 22<sup>nd</sup>, 2009.

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

Sport Injury Prevention Overview and Epidemiology. CT Children's Medical Center, Hartford, CT, May 5<sup>th</sup>, 2009.

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

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

# Robson Forensic

Engineers, Architects, Scientists & Fire Investigators

## **LAURA M. MIELE, PH.D.** **Sports and Recreation Expert**

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<sup>th</sup>, 2008.

Mental Strategies for the Complete Athlete, Connecticut Wave Organization, June 12<sup>th</sup>, 2008.

Psychology of Injury, Elite Sports Medicine, Farmington, CT, March 10<sup>th</sup>, 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<sup>th</sup>, 2008.

## **DOCTORAL AND PROFESSIONAL RESEARCH INTERESTS**

Sport injury prevention in physical education (translation into athletics), present

Safe practices in sports, present

Psychology of injury, present

Knee injury prevention programs, present

Development of knee injury programs, present

Performance anxiety and physical conditioning, present

Pain and anxiety in surgical patients, 2007

Pain and anxiety in anterior cruciate ligament reconstruction surgery, 2006-2007

Anterior cruciate ligament injury and anxiety, 2006-2007

Sport injury and anxiety, 2006

Mental imagery, motivation and anxiety, 2005

Cognitive thought and memory, 2004

Cognitive behavior and sport injury rehabilitation, 2003

Counseling injured athletes in the training room, 2002-2003

Visualization and sport injury recovery, 2002-2003

Sport psychology counseling in the athletic training rooms, 2002

The impact of injury on athletes, 2001

Sport injury and rehabilitation, 2001

## **PERSONAL/ATHLETICS**

New York City Golden Gloves Semi Finalist, 2004

Women's semi-pro football (AZ Titans/Caliente), 2001-2003

# **Robson Forensic**

Engineers, Architects, Scientists & Fire Investigators

**LAURA M. MIELE, PH.D.**  
**Sports and Recreation Expert**

Extensive travel to Europe-Softball and Basketball (Australia, Rome, Milan, Italy  
Munich and Kiel, Germany-Helsinki, Finland), 1988, 1996, 2001  
Recipient of Women's Basketball Scholarship, 1989

EXPERT NOT RETAINED