

EDUCATION

MIT Class of 1995
Courses 7 & 21L

Graduate degree in Sports
Psychology from Boston
University

CAROL MATSUZAKI

AT MIT SINCE 1997

Coaching women's tennis
Teaching tennis, badminton, squash, pickleball, fitness
& stress management, and fitness & nutrition

ADVICE FROM FUTURE SELF
Enjoy what you do!

UNIQUE FACT
I've finished 13 marathons

FAVORITE THING ABOUT TEACHING AT MIT
I really enjoy teaching & working with MIT
students because they are enthusiastic
and open to learning



A course 7 and 21L 1995 graduate of MIT, Carol Matsuzaki returned to the Institute in 1995 after completing her graduate work in Sports Psychology at Boston University. She has taught tennis, badminton, squash, pickleball, fitness & stress management, and fitness & nutrition with the Physical Education Program and is the Head Coach of the varsity women's tennis squad. Matsuzaki loves to see how MIT students with zero experience in an activity engage and it is evident that they feel great about it. She is the author of the book "Tennis Fundamentals", part of the Human Kinetic Fundamentals series. In her spare time, Matsuzaki likes to go running and play tennis, squash, pickleball, badminton, and basketball.