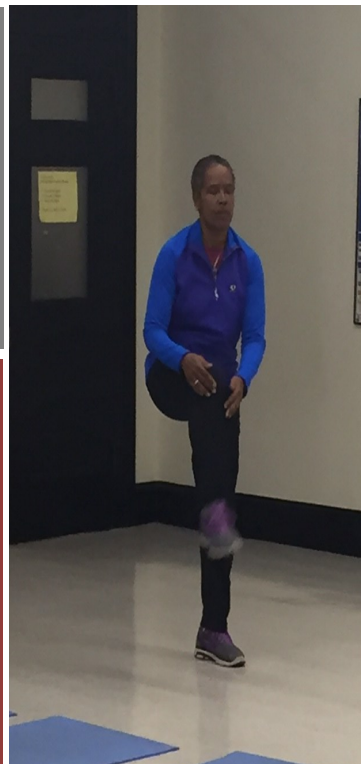




GWEN SMITH

AT MIT SINCE 2015

Teaching Fitness & Stress
Management and Fitness & Nutrition
Physical Education Courses



**IN ADDITION TO
MIT**

Adjunct Professor
teaching Wellness at
Cambridge College

FAVORITE ACTIVITIES

Hiking, cycling, swimming,
and playing badminton



**PREVIOUS
EXPERIENCE**

30 years as a Physical
Education Teacher and
Curriculum Coordinator for the
Newton Public School System

Gwen Smith

Gwen Smith has been a Physical Education instructor since 2015. Gwen teaches two Health and Wellness courses: Fitness & Nutrition and Fitness & Stress Management. She previously worked for the Newton Public School System for over 30 years where she taught Physical Education on the secondary education level and acted as the Curriculum Coordinator for over 21 schools. Outside of MIT, Gwen also works at Cambridge College as an adjunct professor teaching Wellness. Outside of work, you can find Gwen hiking, cycling, swimming, and playing badminton.