



# HALSTON TAYLOR

AT MIT SINCE 1991

Teaching weight training, ice skating,  
SCUBA  
Coaching cross country and track & field



FAVORITE MUSIC  
Classic Rock

FAVORITE THING ABOUT TEACHING  
AT MIT  
Interacting with the students

## EDUCATION

Bachelor's in Physical  
Education from the University  
of South Carolina  
Master's in Exercise Science  
from UMass



BEST ADVENTURE  
SCUBA diving for scallops  
& lobster 20 miles off  
shore

Halston Taylor has over thirty years of experience teaching physical education and has been doing so at MIT since 1982. He teaches strength training, skating, and SCUBA and is the Head Coach of the varsity Cross Country and Track & Field teams. Taylor received his undergraduate degree from the University of South Carolina in physical education and his master's from the University of Massachusetts in exercise science, specializing in exercise physiology and biomechanics. Taylor's best adventure was diving for lobsters and scallops 20 miles offshore when he surfaced to find a fog and rolled in, obscuring where the boat was. Taylor was able to use his navigational skills to locate the boat, avoiding becoming lost at sea.