

Martina Bergman Österberg 1849-1915

Martina Sofia Helena Bergman was born in Skåne, Sweden, on 7th October 1849, and in 1879 she trained at the Royal Central Gymnastic Institute in Stockholm. In 1881 the London School Board appointed her as Superintendent of Physical Education in Girls' and Infants' Schools. Her remit was to supervise physical exercises and her concern was for the whole health, welfare and development of the children in the Board's schools. Physical training, following the scientific method of Per Henrik Ling, was her method of teaching.

Martina Bergman's Physical Training College was founded in Hampstead in 1885 and in 1886 she married Dr. Edvin Per Vilhelm Österberg. After her marriage she was known as Madame Österberg.

Madame Österberg's Physical Training College transferred from Hampstead to Dartford in 1895. An early supporter of women's suffrage in Sweden, her objective was social, economic and spiritual freedom for women. Training at her College was a liberating experience and after leaving College, students continued to influence other educational establishments nationally and internationally.

"Madame Bergman Österberg", by Jonathan May, published for The University of London Institute of Education by George G. Harrap & Co. Ltd., London, 1969.

<https://www.youtube.com/watch?reload=9&v=pwICAwLpmCc>