

Bergman Österberg Union Chronology

- 1849 Martina Sofia Helena Bergman born in Skane, Sweden
- 1879-1881 Miss Bergman took a 2 year course in gymnastics at Royal Central Gymnastics Institute in Stockholm. Studied Ling's system of gymnastics which later became known as Swedish System of Gymnastics : joint movements and stretches to increase flexibility, reduce pain and improve health
- 1881 Awarded the Ling Certificate. After studying gymnastics in several European countries she was appointed Superintendent of Physical Education in Girls' and Infants' Schools to the London School Board
- 1883 Demonstration of drill and Swedish exercises given by girls from London Schools under supervision of Miss Bergman in the presence of the Prince and Princess of Wales
- 1884 Public demonstration by young girls from a School Board school in Chelsea at the International Health Exhibition. The girls pursued a course of Swedish Gymnastics - classes were taken personally by Miss Bergman
- 1885 Founded the first Physical Training College in England at 1 Broadhurst Gardens, Hampstead. Its purpose was to improving the physical development of women in the upper and middle classes. It began with 4 students and their Principal. The 2 year full time course, modelled on Madame's training, had a medical bias. It involved the study of human anatomy and physiology together with hygiene, massage and remedial gymnastics. It also included an element of teaching practice. As well as teacher education the College offered private sessions in gymnastics for women and children in normal health, with medical gymnastics and massage available by appointment. Remedial work became a feature of the College for some 80 years - students in the 1960s often had one or two sessions of 'clinic' in their timetable.
- 1886 Miss Bergman married Dr. Edvin Per Vilhelm Österberg and adopted the title 'Madame Österberg'
- 1886 First Open Practice of the College's work given. Success of which led to more student demonstration held each year as the climax of the work of the senior students (held on Parents' Day in the 1960s and 1970s)
- 1887 Published the pamphlet Gymnastic Tables for teachers in schools of the London School Board
- 1887 Gave evidence before the Cross Commission (a Royal Commission to Enquire into the Working of the Elementary Education Acts in England and Wales) in which she extolled the value of Swedish exercises. This led to the national acceptance of the system in the 1890's
- 1887 Madame resigned her appointment with the London School Board
- 1888 Public swimming baths opened across the road from the College in Hampstead. Madame Österberg appointed to the superintendence of the new swimming baths
- 1891 On completion of their training began to appoint staff that she had trained herself as being the 'best available'
- 1892 Mary Tait, a student at the College and later a member of staff, designed the first gym tunic
- 1893 First report issued and privately circulated to past students to keep them up-to-date with developments in the College and in women's physical education
- 1893 5 Broadhurst Gardens acquired to house the medical gymnasium with 3 residential patients
- 1893 Madame with her husband attended the World Congress on Education in Chicago
- 1895 Purchase of Kingsfield on Dartford Heath. 14 new students joined 13 seniors from Broadhurst Gardens Originally a 'gentleman's residence' in which suitable alterations were made i.e. ballroom converted to gymnasium, more baths and showers installed, servants housed in the Tower, running/cycle track laid down. Outdoor gymnasium constructed in the woods. Initially no swimming pool so students swam in the river Darent . Madame filled the house with reproductions of Greek antiquities and maintained an attractive garden helping to create a beautiful setting for the education of her girls and a family atmosphere.

- 1895 Visit of Dr. Toles, an American, to Madame Österberg's college. Formally introduced Basket Ball, taught with the use of waste paper baskets for goals. Originally tried at Hampstead in the gymnasium following Madame's visit to Chicago. In the absence of printed rules the game was modified.
- 1897 At Dartford the game was found to be even more suitable on the small lawns of an English garden and was played on outdoor grass courts divided into three parts. Now called Net Ball, it used a larger ball and replaced baskets with rings and nets. Uniform rules published in 1901.
- 1897 Gym-slip, designed by Mary Tait adopted as the College uniform.
- 1898 Student numbers about 30 (15 in each year) with about 50 per cent of all applications being rejected
- 1899 The Swedish Physical Educationalists, later to become the Ling Association founded by former students. Madame saw it as a lowering of standards so few of her students joined until after her death
- 1900 Madame founded the Bergman Österberg Union of Trained Gymnastic Teachers
- 1900 Gymnastic display given at the International Congress of Physical Education
- 1902 Bergman Österberg Union of Trained Gymnastic Teachers run on an informal basis by Helen Greene and Kate Marshall in order to facilitate the circulation of Old Student's news and instigate a benefit fund
- 1904 Lacrosse, imported from Canada, first recorded as being played in College.
- 1904 As the College expanded the first extension was built (Old Wing) overlooking cricket pitch including a dining hall with study bedrooms on floors above. New gymnasium built on the site of Satterthwaite's coach house
- 1905 Series of gymnastic demonstrations at the Horticultural Hall attended by the Prime Minister, Sir Henry Campbell-Bannerman and by the Duchess of Argyll
- 1905-15 Student numbers stabilised at 60 (divided equally between the two years).
- 1910 Staff Cottage built on the site of a thatched summer house in the woods. Originally used as a sanatorium and then to house students
- 1910 Glass conservatory to the rear of Kingsfield demolished and a small wing (which became the Library) was constructed featuring a bow window on the gable wall over two floors, complementary to that in the Old Wing
- 1910 Students used the Dartford out-door bath for swimming
- 1913 Tokuyo Nikaido trained at Dartford in 1913, then founded the Japan Women's College of Physical Education
- 1915 After an attempt to give the College to the nation failed a legal Trust, dated 14 July 1915, was formed and the College and contents left to the Trust. Madame died on 29th July 1915, aged 67, after which the College was administered by a Board of Trustees and a Committee of Management
- 1915 Miss H. Meade appointed Principal
- 1916 Bergman Österberg Union of Trained Gymnastic Teachers officially constituted on 14 January
- 1917 First issue of the Magazine of the Bergman Österberg Union of Trained Gymnastic Teachers
- 1917 Miss Helen Greene appointed Principal
- 1918 Royal Visit of King George V and Queen Mary
- 1919 Miss Hilda Walton appointed Principal
- 1919 Two year course extended to three years, allowing for more specialisation. Revised course had a pronounced medical slant. Students studied both massage and electrical treatment. Total number of students now 120
- 1919 Oakfield purchased with its extensive kitchen gardens
- 1922 Miss Eva Lett appointed Principal
- 1922 New wing added, adjacent to Old Wing, housing an additional gymnasium, accommodation and classrooms etc.
- 1923 College recognised by the Burnham Committee and students leaving College received the second increment on the Burnham Salary Scale for Teachers
- 1930 Oakfield demolished and a new Dance Hall and hostel built in its place by 1932
- 1930 Miss R Hope Greenall appointed Principal
- 1930 Swimming pool constructed on the site of Oakfield's kitchen garden

- 1931 New Clinic opened
- 1935 Commemoration Day celebrating the 50th Anniversary of the founding of the College.
Memorial tree planted
- 1936 Dartford joined the scheme for all Physical Education Colleges to be affiliated to a University – hence the birth of the London Diploma in the Theory and Practice of Physical Education alongside the Dartford Diploma
- 1937 Staff House built to accommodate 4 staff and 8 maids
- 1938 The first group of students sat for both Diplomas
- 1938 Bridge between Old and New Wings constructed incorporating additional bathrooms and showers
- 1939 Miss Grizel MacLaren appointed Principal
- 1939 Film about vaulting made for the National Fitness Council entitled '18 girls and a horse'
- 1939 Social Sciences added to the curriculum
- 1940-1945 College evacuated to Newquay, after bombs had dropped on the site in 1940 (site taken over by the War Office) Name changed from Bergman Osterberg Physical Training College to Dartford College of Physical Education in Jan.1945. Fire in Kingsfield destroyed the staircase in the main entrance hall
- 1943 Sir George Newman retired from the dual post of Chairman of the Trustees and Committee of Management
- 1943 Kingsfield Book of Remembrance started
- 1944 Music and Movement added to the curriculum
- 1945 Arrangements made for the College to return to Dartford
- 1947 Purchase of Allerloo for use as a hostel
- 1950 Recognition of the College for the purpose of receiving government grant aid
- 1950 Miss Edith Alexander appointed Principal
- 1957 Princess Alexandra of Kent opened a new building 'Hughes Wing' which included the 'New Gym'
- 1961 London County Council took over the administration of Dartford College and became a local education authority college. Old Committee of Management dissolved.
- 1962 Miss Margaret Buckerfield (from 1963 Mrs Margaret Chamberlain) appointed Principal
- 1968 Demolition of old Allerloo (only survivors being two stone lions now guarding the entrance to the Library)
- 1969 Extension to the library building, completion of the New Allerloo Hall of Residence, a science block adjacent to Kingsfield New Wing and a further dance studio added
- 1968-69 Introduction of the three year BEd degree – this general teacher training course existed alongside the specialist Physical Education course and brought in men and women many of who were mature students
- 1970s New gymnasium, swimming pool and teaching block, conversion of old swimming pool into a games hall
- 1976 Kenneth Challinor appointed Principal
- 1976 College amalgamated with Thames Polytechnic as Thames Polytechnic - Dartford College of Education
- 1978 Dartford College ceased to exist; Faculty of Education and Movement Studies of Thames Polytechnic was born
- 1978 Landscape Architecture Division moved from Hammersmith to Dartford
- 1981 CNAA took over the responsibility for approving courses and setting and marking examinations for BEd and other degrees
- 1981 School of Architecture transferred from Woolwich to Dartford
- 1986 Final students of Teacher Training graduated, closure of the Physical Education course
- 1995 In recognition of the arrival of the College in Dartford, centenary celebrations were held and an exhibition of Archive material displayed in the town museum.
- 2002 North West Kent College moved across Dartford from Miskin Road to Oakfield Lane bringing sports, tourism and leisure learning to the campus
- 2011 Opening of the Österberg Sports Centre
- 2019 Opening of the Österberg Collection Visitor Centre at North Kent College