

# VESNA ŠEPER

University of Applied Sciences „Lavoslav Ružička“ in Vukovar

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## WORK EXPERIENCE

2006–present: Professor, University of Applied Sciences “Lavoslav Ružička” in Vukovar

Courses: Physiotherapy in Pediatrics and Gynecology, Clinical Practice, Sports and Recreational Physiotherapy

Mentor for Erasmus+ incoming students. Secretary of PETRHA Association. ENPHE administrator for Croatia.

2021–2025: Head of Lifelong Learning Center, University of Applied Sciences “Lavoslav Ružička” in Vukovar

2004–2005: Physiotherapist, Studio 'V', private practice, Osijek

2001–2003: Physiotherapist, Private Sports Clinic 'Bošnjak', Osijek

## INTERNATIONAL TEACHING AND ERASMUS+ MOBILITY

Lectures and workshops in Finland, Belgium, France, Bosnia and Herzegovina

Topics: Swiss Ball in Physiotherapy, Musculoskeletal Assessment in Pregnancy, Treatment of Chronic Lumbar Pain

## RESEARCH PROJECTS

2022–2023: Use of Swiss Ball in Posture Prevention in Schools

2019–2022: Effects of Creatine Supplementation on Muscle Strength, Volume, and Cognitive Function in Older Adults

2018–2019: Sarcopenia and Neurodegeneration in Adults Over 65

## PROFILE

LinkedIn: <https://hr.linkedin.com/in/vesna-%C5%A1eper-413234113>

ResearchGate: <https://www.researchgate.net/profile/Vesna-Seper>

## EDUCATION

Ph.D. in Physical Education and Sport, University of Novi Sad (2016–2022)

MSc in Sport and Physiotherapy, The Association of Centres for Interdisciplinary and Multidisciplinary Studies and Research, Novi Sad (2015–2016)



## AWARDS

2024: Silver Plaque for Contribution to Lifelong Learning

2022: Award for Published Scientific Papers

2021: Silver Diploma for Academic Contributions

2019: Diploma for Outstanding Presentation at IASK Conference