

Career Pathways

Job Outlook:

1. National outlook average for 2023-and-2033 = approximately 0.4% annually or 4.0% over 10-years (2.1 million new jobs* annually).
2. All healthcare average for 2023-and-2033 = approximately 9.7% (1.9 million new jobs* annually)

Occupation	2016 Outlook	2018 Outlook	2020 Outlook	2022 Outlook	2023 Outlook	Nat Med Salary	# Change (+) *
Athletic Trainer	23%	19%	23%	14%	13%	\$57,930	4,300
Chiropractor	-	7%	11%	9%	10%	\$76,530	6,100
Registered Dietitian	-	-	11%	7%	7%	\$69,680	6,000
Exercise Physiologist	13%	10%	13%	10%	10%	\$54,860	2,200
Health/Wellness Coaching	-	-			7%	\$62,860	4,300
High School Education	-	4%	8%	1%	-1%	\$65,220	-6,900
Home Health and Personal Care	-	-	-	22%	21%	\$33,530	820,500
Lab Technicians	-	-	14%	5%	5%	\$60,780	18,200
Massage Therapist	-	-	-	-	18%	\$55,310	26,000
Medical Equipment/Drug Sales	-	-	5%	16%	15%	\$103,730	78,600
Nurse Practitioner	-	-	45%	45%	40%	\$129,480	141,200
Occupational Therapy Assistant	29%	31%	34%	24%	21%	\$65,450	10,800
Occupational Therapist	24%	18%	17%	12%	11%	\$96,370	16,800
OSHA Specialists	-	-	-	13%	14%	\$77,580	21,900
Personal Trainer **	10%	13%	39%	14%	14%	\$46,480	47,500
Physical Therapy Assistant	31%	26%	32%	26%	19%	\$58,740	28,800
Physical Therapist (DPT)	28%	22%	21%	15%	14%	\$99,710	36,800
Physician Assistant	37%	31%	31%	27%	28%	\$130,020	43,700
Recreational Therapist	-	-	-	-	4%	\$57,120	700
Registered Nurse	-	-	9%	6%	6%	\$86,070	197,200
Surgical Assistant/Technician	-	-	-	-	6%	\$60,370	7,900
Post-secondary Education	15%	11%	12%	8%	8%	\$84,380	111,400
Technicians (EMT, Paramedics)				5%	6%	\$44,780	16,200

* Projected growth between 2023-and-2033 (sector growth + replacement).

** Usually part-time work.

Reference: Bureau of Labor Statistics Occupational Outlook Handbook. Retrieved 01/2025 (www.bls.gov/ooh).

Quick Facts and Cost of Living Comparisons:

- Average U.S. salary = \$65,478 v. San Diego = \$76,080 (2024).
- Average salary in San Diego is approximately 16.1% higher than the national average.
- Cost of living in San Diego is approximately 44.2% higher than national average.
- Average cost of a home in San Diego is 110.9% higher than the national average (\$508,666 versus \$1,092,000).

City	Cost of Living Index Plus Rent	Salary Index v. SD	Local Purchasing Power (San Diego = 113.4)
Manhattan, New York City	100.0 (reference)	206% higher	100.0
San Francisco, CA (city)	84.2	39.8% higher	161.2
Los Angeles, CA (city)	70.0	2.2% lower	122.2
Seattle, WA	69.7		175.5
Denver, CO	62.0	1.3% lower	146.3
San Diego	73.8	-	142.4
Tampa Bay, FL	58.9		149.8
Dallas, TX	56.7	5.3% lower	157.3
Las Vegas, NV	52.4		144.2
Phoenix, AZ	51.9	7.5% lower	155.6
Boise, ID	49.4	29.4% lower	148.2

1. **Cost of Living Plus Rent Index:** This is an estimation of consumer goods prices including rent compared to the reference of New York City. For example, a score of 80 implies goods are approximately 20% more affordable than NYC.
2. **Local Purchasing Power:** A measure of how much an average resident of a city can buy with their salary compared to the reference of New York City. It provides a comparison of an average net salary in a city to the cost of goods and services (i.e., cost of living and rent) in that city. A higher Local Purchasing Power Index indicates that residents can afford more goods and services

Comfortable Living Comparison

- Employs the 50/30/20 budget recommends that, for sustainable comfort:
 - 50% of salary is allocated to housing, groceries and transportation (includes using standardized 35% of gross salary to mortgage factor).
 - 30% of salary to entertainment and hobbies.
 - 20% of salary toward paying off debt, saving, or investing.
 1. Single income in Manhattan = \$138,570.
 2. Single income in San Diego = \$122,803.
 3. Single income in San Francisco = \$119,558.
 4. Single income in Seattle = \$119,392.
 5. Single income in Los Angeles = \$117,400.
 6. Single income in Denver, CO = \$94,445.
 7. Single income in Dallas, TX = \$88,418.
 8. Single income in Phoenix = \$88,137.
 9. Single income in Tulsa, OK = \$74,909.

References:

- www.smartasset.com. Retrieved 01/25.
- www.nerdwallet.com/cost-of-living-calculator

Degree Pay Rate Differentials

Average College Graduate with a BS degree (national average):

- Approximately \$66,600 annually (biased by engineering and computer sciences).

Average College Graduate with an MS/MA degree:

- Approximately \$80,200 annually.
- A 20% or \$13,600 differential v. BS degree.

Average College Graduate with a DPT degree:

- Approximately \$99,710 annually.
- A 24.3% or \$19,510 differential v. MS/MA degree.
- A 49.7% or \$33,110 differential v. BS degree.

References:

- www.ziprecruiter.com
- www.salary.com
- www.bankrate.com
- www.bls.gov/ooh (Bureau of Labor Statistics Occupational Outlook Handbook).

Value of Post-baccalaureate Degree and Fees

- Minimal consideration requirement for many allied health professions (e.g., ATC, RDN, strength and conditioning coach).
- Specialization.
- Marketability.
- Credibility (especially within education).

CA Residents: SDSU Estimates	MS (2025-2026)	DPT (2025-2026)
Tuition (plus fees)	\$10,794 per year	\$32,251 per year*
Total Units for degree	36 total	116-to-121 total
Units per Semester	9-to-12	9-to-18
Duration	2-2½ years	3 years (9 semesters) <ul style="list-style-type: none"> • 2 years didactic • 1-year clinical rotations
Books and Supplies	\$970 per year	-
Food and Housing** (off-campus)	\$18,406 per year	\$18,406 per year
Transportation**	\$2,466 per year	\$2,466 per year
Personal Expenses**	\$3,290 per year	\$3,290 per year
Employment	Yes (part-time)	Not recommended

* SDSU cost includes all additional program fees.

** Living costs regardless of school.

Value of a Pursuing an MS Degree (SDSU) vs. BS Degree

Expenses and Lost Income:

- Tuition + Books (2½ years): **\$29,119***
- Lost fulltime income (40 hr. job average) = $\$80,200 \times 2\frac{1}{2} \text{ years} = \mathbf{\$200,500}$.
- Part-time income ($\$35,00/\text{year}$) $\times 2\frac{1}{2} \text{ years} = + \mathbf{\$87,500}$.

- Total Loss (2½ years) = - **\$113,000**.

Salary differential between BS and MS/MA: $\$13,600/\text{year}$.

- $\mathbf{\$113,000 \div \$13,600 = 8.3 \text{ years}}$.
- How long do you plan to be in the workforce?

* Cost of living (food + household), transportation and personal expenses are not factored in as they exist regardless.

Value of Pursuing a DPT (SDSU) vs. BS Degree

Expenses and Lost Income:

- Tuition + Books (3 years – 9 semesters): **\$96,753***
- Lost full time income (40 hr. job average) = $\$66,600 \times 3 \text{ years} = \mathbf{\$199,800}$.
- Part-time income ($\$35,000/\text{year}$) $\times 3 \text{ years} = \mathbf{\$105,000}$.

- Total Loss (3 years with no work) = $\mathbf{\$199,800 + \$96,753 = \$296,553}$.
- Total Loss (3 years with part-time work) = $\mathbf{\$105,000 + \$96,753 = \$201,753}$.

* Cost of living (food + household), transportation and personal expenses are not factored in as they exist regardless.

Salary differential between BS and DPT: $\$26,252 \text{ per year}$.

- **No work:** $\mathbf{\$296,553 \div \$33,110 = 8.9 \text{ years}}$.
- **Part-time work:** $\mathbf{\$201,753 \div \$33,110 = 6.1 \text{ years}}$.
- How long do you plan to be in the workforce?

Alternative Career Pathways in Allied Health, Education and Medical

1. Occupations within Kinesiology (salary range estimates: \$30,000-250,000)

Fitness/Wellness	Rehabilitation	Sport Science
<ul style="list-style-type: none"> Personal Trainer Wellness Coordinator Health Club Director Fitness Consultant Strength & Conditioning Coach Fitness Club Manager Education (recreation) 	<ul style="list-style-type: none"> Physical Therapist Athletic Trainer Cardiac Rehabilitation Work Hardening Occupational Therapist Work Site Analyst (Ergonomics) Special Population Groups Adaptive Specialist and Designer Research 	<ul style="list-style-type: none"> Education (Academic) Insurance Investigator Equipment Designer Fitness Appraiser Private Industry Research (equipment, technology & performance). Manufacturing Research

2. Occupations within Physical Education (salary range estimates: \$25,000-1,000,000+)

Teaching	Research	Coaching	Administration
<ul style="list-style-type: none"> Teaching (various levels) Outdoor Education Teacher / Coordinator Educational Consultant Education – administrator Program Coordinator 	<ul style="list-style-type: none"> Academic Sport Equipment Design Consultant to Industry, Private Health Clubs / Organizations Research (ergonomics, adaptive, etc.) 	<ul style="list-style-type: none"> School or College Community Club Coach National Team Coach Professional Team Coach Coaching Certification Instructor 	<ul style="list-style-type: none"> Sport / Activity Organization Marketing / Sports Agents Coordinators / Consultants Athletic Directors Government Sport / Activity

3. Occupations within Health Education (salary range estimates: \$25,000-250,000)

Teaching	Government / Non-Profit / For-Profit	Self-employed
<ul style="list-style-type: none"> School or College Private Health-Wellness 	<ul style="list-style-type: none"> Public Health Agencies (e.g. AHA, ACS, Robert Wood Johnson) Hospitals Rehabilitation Units Manufacturing and Sales 	<ul style="list-style-type: none"> Health Behavior Consultant Author / Fitness Journalist Professional Presenter Software, App, Program Developer Product Developer

4. Occupations within Commercial Recreation (salary range estimates: \$25,000-200,000+)

Corporate / Business	Hospitality Facilities	Cruise Line	Theme Park
<ul style="list-style-type: none"> • Corporate Wellness • Fitness/Wellness Programming • Recreational • Ownership 	<ul style="list-style-type: none"> • Independent Hotel • Hotel Chain Employee / Consultant • Fitness Center Sports and Activities Centers (e.g. golf) • Wellness / Spa Nutritionist 	<ul style="list-style-type: none"> • Single Ship or Commercial Line • Recreation / Activities • Fitness / Wellness 	<ul style="list-style-type: none"> • Independent v. Corporate Park Employee or Consultant • Recreational / Activities • Employee Wellness

5. Occupations within Government (salary range estimates: \$35,000-85,000)

Health / Fitness Consulting	Tourism	Program Coordinator
<ul style="list-style-type: none"> • Dietitian / Nutritionist • Sport Consultants • Fitness / Wellness • Facility Design • Programming Consultants • Program Evaluation Consultants • Government Agencies (e.g. Navy Seals) 	<ul style="list-style-type: none"> • Cultural Activities • Tourism Promotion 	<ul style="list-style-type: none"> • Program Administrator

6. Occupations within Municipalities and Recreation Government (salary range estimates: \$15,000-80,000)

Children	Special Needs	Program Coordinator	Outdoor	Managerial
<ul style="list-style-type: none"> • Youth Programming • Summer Camps • Aquatic Activities 	<ul style="list-style-type: none"> • Senior Programs • Special Needs Children 	<ul style="list-style-type: none"> • Special Event Coordinator • Sport Coordinator • Fitness Program Coordinator 	<ul style="list-style-type: none"> • Outward Bound Schools • Instructor (water safety, ski) • Ecotourism • Adventure Tourism 	<ul style="list-style-type: none"> • Facility Manager • Community Developer / Facilitator