Phases of the Cardiac Cycle

1. Atrial systole begins: Atrial contraction forces a small amount of additional blood into relaxed ventricles.

2. Atrial systole ends, atrial diastole begins

3. Ventricular diastole—late: All chambers are relaxed. Ventricles fill passively.

4. Ventricular systole—first phase: Ventricular contraction pushes AV valves closed but does not create enough pressure to open semilunar valves.

5. Ventricular diastole—early: As ventricles relax, pressure in ventricles drops; blood flows back against cusps of semilunar valves and forces them closed. Blood flows into the relaxed atria.

6. Ventricular systole—second phase: As ventricular pressure rises and exceeds pressure in the arteries, the semilunar valves open and blood is ejected.