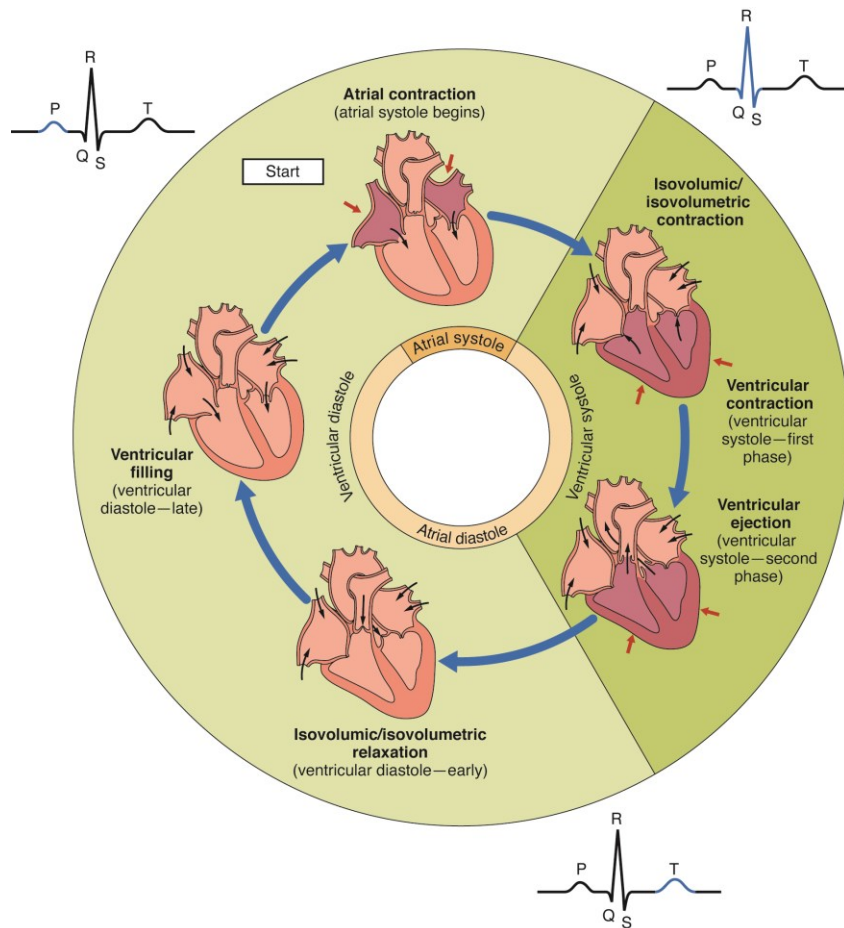


## Phases of the Cardiac Cycle

The period of time that begins with contraction of the atria and ends with ventricular relaxation is known as the **cardiac cycle** (Figure 1). The period of contraction that the heart undergoes while it pumps blood into circulation is called **systole**. The period of relaxation that occurs as the chambers fill with blood is called **diastole**. Both the atria and ventricles undergo systole and diastole, and it is essential that these components be carefully regulated and coordinated to ensure blood is pumped efficiently to the body.



**Figure 1 Overview of the Cardiac Cycle** The cardiac cycle begins with atrial systole and progresses to ventricular systole, atrial diastole, and ventricular diastole, when the cycle begins again. Correlations to the ECG are highlighted.

Information from Anatomy and Physiology 2e 19.3 Cardiac Cycle

<https://openstax.org/books/anatomy-and-physiology-2e/pages/19-3-cardiac-cycle>