

Glossary

B.4.3. The Cardiac Diastole

Rapid filling phase	Period at the start of the cardiac diastole (= relaxation) when the atrio-ventricular valves (AV) open and the blood, accumulated in the atria during the previous systole, can now quickly flow into the ventricles.
Passive filling phase	Period during the cardiac diastole (= relaxation) when the atrio-ventricular (AV) valves are open and the blood flows passively from the veins into the atria and straight onwards into the ventricles.
Active filling phase	Period at the end of the cardiac diastole when the atria have started to contract and push all the blood from the atria into the ventricles.
Cardiac Output	The amount of blood that is pumped out of the heart, from one ventricle, usually the left ventricle. At rest, the cardiac output is approx. 5 liters/min but may increase to much higher values during heavy exercise.
Stroke volume	Amount of blood that is pumped out of a ventricle during a single contraction. In a normal heart, this is approx. 70 ml/beat.