The Cardiovascular System

Heart rate (at rest): **60-80 bpm**

Duration of cardiac cycle: **0.8 sec**

Duration of ventricular systole: **0.33 sec**

Duration of ventricular diastole: **0.47 sec**

The systolic blood volume ejected by the heart: **60-70 ml**

The cardiac output (minute volume of blood ejected by the heart) at rest: **4.5-5.0 L**

The duration of the PQ interval on the ECG: **0.12-0.18 sec**

The duration of the QRS interval on the ECG: **0.06-0.09 sec**

Systolic blood pressure (middle age): **110-125 mm Hg**

Diastolic blood pressure (middle age): **70-80 mm Hg**

The mean arterial blood pressure: **90-95 mm Hg**

The pulse pressure: **35-50 mm Hg**

The Respiratory System

Rate of breathing in adults at rest: **16-20 rpm**

The vital capacity of the lungs in men: **4000-5000 ml**

Tidal volume: **350-500 ml**

Inspiratory reserve volume: **2500-3000 ml**

Expiratory reserve volume: **1200-1300 ml**

Residual air volume: **1200 mL**

Total lung capacity: **6000 ml**

The Blood

The blood volume in an adult is equal to: **6.5-7% of body weight**

Plasma volume: **55-60% of blood volume**

Plasma protein content: **7%**

Blood glucose level in blood: **80-120 mg% (4.5-6.5 mmol/L)**

Plasma osmotic pressure: **7,5 atm**

Plasma oncotic pressure: **25-30 mm Hg**

The number of red blood cells in 1 liter of blood in men is: **4.5 -5.0 × 10^{12} /L**

The average diameter of RBC: **7.5 μm**

The hemoglobin content in 1 liter of blood in women is equal: **125-140 g/L**

Color index is equal to: **0.8-1.0**

The content of platelets in blood: **150-400 × 10^{3}/μL**

The content of white blood cells in blood, total: **4.5-11.0 × 10^{3}/μL**

Neutrophils: **50%-70%**

Lymphocytes: **20%-40%**

Monocytes: **2%-10%**

Eosinophils: **1%-5%**

Basophils: **0%-1%**