Based on your work in PMAC and the information from the documents you provided, your documentation outline looks solid. Here is an enhanced version with a bit more detail:

1. **ADCS Overview**
   * Introduction to Attitude Determination and Control Systems (ADCS)
   * Importance and applications of ADCS
   * Different types of attitude control systems
2. **Coordinate Systems**
   * Description of reference frames (inertial, body-fixed, etc.)
   * Transformation between coordinate systems
   * Use of coordinate systems in attitude determination and control
3. **Environment and Disturbances**
   * Space environment factors affecting satellites
   * Description of disturbances (gravitational, magnetic, aerodynamic, etc.)
   * Impact of disturbances on satellite attitude
4. **Equations of Motion**
   * Derivation of the equations of motion for satellite attitude dynamics
   * Discussion of torques and forces acting on the satellite
   * Simplifications and assumptions used in the analysis
5. **Attitude Estimation**
   * Methods for determining satellite attitude (sensors, algorithms, etc.)
   * Kalman filtering and other estimation techniques
   * Implementation of attitude estimation in PMAC systems
6. **Design Procedure and Simulation**
   * Design criteria for PMAC systems
   * Selection of magnetic materials and components
   * Development of simulation models
   * Key steps in simulating PMAC systems
7. **Results of Simulation**
   * Presentation of simulation results
   * Analysis of the performance of the PMAC system
   * Comparison with theoretical predictions and requirements
   * Discussion of settling time and pointing accuracy
8. **Conclusion**
   * Summary of the findings and their implications
   * Potential improvements and future work
   * Lessons learned from the design and simulation process
9. **References**
   * List of all references used in the documentation

Would you like more detail on any specific section, or do you have any additional sections in mind?