The website can have tight coupling if the one chapter in a course can directly access data of each other,

Or replacing a chapter in course directly affects other. (High coupling)

It must be made so that the data accessed by the course is directly access from the api and not from each other.

The website can have fields in a user login which are not related to each other. Or the existance of one doesn't affect the other, like the existance of username and password are not related.(low cohesion)

It must be made so that the fields in a module have high relationship like username and password both must be present to be logged in.