```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>User Authentication and Course Dashboard</title>
    <style>
        body { font-family: Arial, sans-serif; }
        .container { max-width: 600px; margin: 0 auto; padding: 20px; }
        .tabs { display: flex; cursor: pointer; }
        .tab { flex: 1; padding: 10px; text-align: center; border: 1px solid #ccc; }
        .tab-content { display: none; }
        .tab-content.active { display: block; }
        .dashboard { display: flex; flex-direction: column; }
        .course { border: 1px solid #ccc; padding: 10px; margin: 10px 0; cursor: pointer; }
        .lesson, .quiz, .assignment { margin: 10px 0; padding: 10px; border: 1px solid #ddd; }
        .hidden { display: none; }
    </style>
</head>
<body>
    <div class="container">
        <div class="tabs">
            <div class="tab" onclick="showTab('login')">Login</div>
            <div class="tab" onclick="showTab('signup')">Sign Up</div>
            <div class="tab" onclick="showTab('password-recovery')">Recover Password</div>
            <div class="tab" onclick="showTab('dashboard')">Dashboard</div>
        </div>

        <!-- Login Form -->
        <div id="login" class="tab-content">
            <h2>Login</h2>
            <form>
                <label for="login-email">Email:</label>
                <input type="email" id="login-email" required><br><br>
                <label for="login-password">Password:</label>
                <input type="password" id="login-password" required><br><br>
                <button type="button" onclick="login()">Login</button>
            </form>
        </div>

        <!-- Sign Up Form -->
        <div id="signup" class="tab-content">
            <h2>Sign Up</h2>
            <form>
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```html
            <label for="signup-name">Name:</label>
            <input type="text" id="signup-name" required><br><br>
            <label for="signup-email">Email:</label>
            <input type="email" id="signup-email" required><br><br>
            <label for="signup-password">Password:</label>
            <input type="password" id="signup-password" required><br><br>
            <button type="button" onclick="signUp()">Sign Up</button>
        </form>
    </div>

    <!-- Password Recovery Form -->
    <div id="password-recovery" class="tab-content">
        <h2>Recover Password</h2>
        <form>
            <label for="recovery-email">Email:</label>
            <input type="email" id="recovery-email" required><br><br>
            <button type="button" onclick="recoverPassword()">Recover Password</button>
        </form>
    </div>

    <!-- Dashboard -->
    <div id="dashboard" class="tab-content">
        <h2>Dashboard</h2>
        <div id="courses" class="dashboard">
            <div class="course" onclick="showCourse('course1')">Course 1</div>
            <div class="course" onclick="showCourse('course2')">Course 2</div>
            <div class="course" onclick="showCourse('course3')">Course 3</div>
        </div>
    </div>

    <!-- Course Details -->
    <div id="course-details" class="hidden">
        <h2 id="course-title">Course Title</h2>
        <div class="lesson">Lesson 1</div>
        <div class="quiz">Quiz 1</div>
        <div class="assignment">Assignment 1</div>
        <button onclick="backToDashboard()">Back to Dashboard</button>
    </div>
</div>

<script>
    const users = JSON.parse(localStorage.getItem('users')) || [];

    function showTab(tabId) {
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```javascript
        const tabs = document.querySelectorAll('.tab-content');
        tabs.forEach(tab => tab.classList.remove('active'));
        document.getElementById(tabId).classList.add('active');
}

function login() {
        const email = document.getElementById('login-email').value;
        const password = document.getElementById('login-password').value;
        const user = users.find(user => user.email === email && user.password === password);
        if (user) {
            alert(`Welcome back, ${user.name}!`);
            showTab('dashboard');
        } else {
            alert('Invalid email or password.');
        }
}

function signUp() {
        const name = document.getElementById('signup-name').value;
        const email = document.getElementById('signup-email').value;
        const password = document.getElementById('signup-password').value;
        if (users.some(user => user.email === email)) {
            alert('Email already in use.');
            return;
        }
        users.push({ name, email, password });
        localStorage.setItem('users', JSON.stringify(users));
        alert('Sign up successful!');
        showTab('login');
}

function recoverPassword() {
        const email = document.getElementById('recovery-email').value;
        const user = users.find(user => user.email === email);
        if (user) {
            alert(`Password for ${email} is: ${user.password}`);
        } else {
            alert('Email not found.');
        }
}

function showCourse(courseId) {
        document.getElementById('courses').classList.add('hidden');
        document.getElementById('course-details').classList.remove('hidden');
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            document.getElementById('course-title').innerText = courseId.replace('course', 'Course
');
        }

        function backToDashboard() {
            document.getElementById('course-details').classList.add('hidden');
            document.getElementById('courses').classList.remove('hidden');
        }

        // Show login tab by default
        showTab('login');
    </script>
</body>
</html>
```